

Report of Sports and Cultural Programmes 2018-2023

SPORTS EVENTS

During the academic year 2018 -19, on June 29 International Day of Yoga was celebrated. Awareness about life style diseases, importance of acquiring healthy life style and different Yogasanas and Pranayamas were practiced in the session. Pricipal Dr C A Jawaher inaugurated the program .Head of Physical Education Department Mr Faseel Ahammed had done an awareness speech.Smt.Bindhu (Morarji Desai National Institute of Yoga) and Smt.Roshna K (Kottakkal Aryavaidasala) were leaded the practice session. Union chairman welcomed and General secretary Muhammad Ansar thanked the session.

On September 12, Volleyball student-student and staff- student competition was conducted in which students won the competition.

On October 31 .First All Kerala Inter- training College Badminton tournament was organized and it was inaugurated by Dr Sakeer Hussain , Director of Physical Education at Calicut University. Principal Dr C A Jawahar presided and Physical Education Dept .Head Mr Faseel Ahammed welcomed the session. Almost 60 colleges from different Universities in Kerala had participated in the tournament and from that KeeYee Sahib Training College in men tournament and KMCT training College in women tournament were the winners. Farook training College become runner up in both men and women tournament. Management representatives CP Kunjimammed , PK Ahammed Sahib and Farook training College secretary Muhammed Yunus and Farook College Vice president K Kunjalavi sahib were present at the ValiditoryFunction.

Annual Athletic Meet was conducted on February 23 at Farook College ground. Programm was inaugurated by Dr Saifudheen, Associate Professor and HOD of Physical Education at PSMO College ,Tirurangadi.Both M.Ed and B.Ed students were participated in the program. There were 4 houses in the competition namely Kings, Royals, Challengers and Hunters , finally Royals came as the winners.

On 8th March a Mini marathon was conducted by Physical Education Dept.in collaboration with JCI and women cell of farook training College on the importance of women healthcare. Teachers and students of both B.Ed and M.Ed were participated in the program.

During the academic year 2019-20, one month Yoga and Fitness programme for kids at GLPS , Karinkallai was started on 14th October 2019. The one month program has variety of calisthenics classes, yoga and breathing exercises, free hand exercises , recreational activities, aerobic dance and aerobic exercises led by our student teachers who have been given special training. The class has been scheduled on each working day from 3:30pm to 4:30 pm. The instruction team was led by our students Mr Althaf, Ms Meghna, Ms Jepsy, Ms Chandana, Ms Rakhi, Ms Mariyam, Ms Shahma, Ms Jasleen Jose, Ms Ananthitha, Ms Shafeera and Mr Rishad.

On 4th March 2020, Annual Athletic Meet was conducted at Farook College ground and the program was inaugurated by Beypore Port Officer Captain Aswini Prathap. As part of the Athletic Meet, 200 students participated in various track and field events under the leadership of four houses- Kings, Royals, Hunters and challengers. Vipin and Haritha were the individual champions from men and women respectively. The winners were honoured by the Principal Dr CA Jawaher, Dr NS Mumthaz and Dr Manoj Praveen. Mr Faseel Ahammed, Assistant Professor and HOD of Physical Education welcomed the gathering and General Captain Abdul Basith delivered the vote of thanks.

In the academic year 2020-21, a program named FTCIA Fitness Challenge at lockdown was organized by FTC Physical Education Department and Liberte student's union on 18th May 2020. It was a video contest as a move to inspire and ensure fitness among prospective teachers during the covid pandemic lockdown. A video of maximum 2 minutes length of any of Physical Fitness activity using mobile or camera were asked to be prepared by students and staff(teaching and non- teaching). Mr Faseel Ahammed, Assistant Professor, Physical Education and Abdul Basith, General Captain coordinated the event.

As it was difficult to participate in physical training during the epidemic, FTC department of Physical Education in collaboration with FTC student's union , Liberte had organized a virtual zumba training session for the students on 30 th July 2020. Mr Faseel Ahammed, HOD of Physical Education had coordinated the event.

On 29 th August 2020 , FTC Department of Physical Education had celebrated the National Sports Day , the birthday of former Indian hockey player Dhyan Chand grandly via Google meet and with live streaming of the event through Gurudharshan YouTube channel . An Inter-training collegiate virtual marathon run competition for students and teachers was held. As part of the celebrations, a webinar was presented by Dr Abdulsalam Kannian, a former teacher, King Fahad

International School,Dammam, Saudi Arabia and sports expert at various Universities in the world. The event coordinated by Mr Faseel Ahammed,HOD, dept.of Physical Education,FTC and it was inaugurated by Dr Muhammad Saleem, Principal,FTC.Staff Advisor Noufal C ,IQAC Coordinator Dr Manoj Praveen,Staff secretary Muhammad shareef, Student's union chairman Sreehari and Joint secretary Sreelakshmi spoke on the occasion.

FTC organized one day Yoga and Physical Fitness programme for the newly joined B.Ed students on 20 th January 2021.The program has variety of calisthenics classes,yoga and breathing exercises, free hand exercises , recreational activities, aerobic dance and aerobic exercises led by FTC senior student teachers who have been given special training.The program was led by Mr Faseel Ahammed, Assistant Professor of Physical Education.Dr T Mohammed Saleem, Principal of FTC had inaugurated the session and Dr Aseel Abdul Wahid , coordinator of B.Ed 2020-22 made the welcome address.

FTC ,first year M.Ed students in collaboration with Department of Physical Education conducted a workshop on physical fitness training on 22 nd February 2021 at College Auditorium.Ms Sajila K ,M.Ed student was the resource person.The program was inaugurated by Mr Ummer K V and presidential address by Mr Nived.

FTC multi purpose ground was inaugurated on 31st March 2021 by Chairman, Farook training College Managing Committee,Janab P K Ahammed in the auspicious presence of College Managing Committee Members, Former Principal Dr C A Jawaher and Principal Dr T Mohammed Saleem

Annual Athletic Meet



Badminton



Football



Cricket



Zumba



Martial Arts



CULTURAL ACTIVITIES

Various types of cultural and literary activities are organized by the fine arts committee headed by the fine arts coordinator(A staff member nominated by the staff council). These activities helps to cater and develop the multiple intelligences of the students. Regular programmes organised under the fine arts committee are following.

1) Talent's Day

Talent's Day is the curtain raiser programme of the fine arts committee. All the first year students from M.Ed and B.Ed are given an opportunity to perform their talent, skill and proficiency in various fields and forms of fine arts. The programmes very much help students to overcome their stage phobia, identifying the potentialities of new comers, make students socialized and help them to bring self expression.

2) Fine Arts Fest

Fine arts fest is conducted yearly under the auspicious of College student's Union. Intramural competitions on various literary events and performing arts helps to select students for university level competitions.

3) Harmony Fest

Harmony Fest is celebrated once in an year to uphold the values of secularism, tolerance and national integration. Arts and culture forms of all major religions and values and virtues of holly texts and philosophers are shared n this eve.

4) College annual day

Annual day is celebrated as a farewell programme of college student's union. An oral feed back session for the all round development and improvement of the institution is also arranged on this day.

Various other literary and cultural programmes are taking place during the course of time. They are arranged and organized by different subject groups and clubs.

Talent's Day , Fine Arts Day & College Day



Harmony Fest





Report 2020-21

FTCIA Fitness Challenge @ Lockdown
18th May 2020

FTC Physical Education Department & Liberte Students' Union Organized FTCIA FITNESS CHALLENGE @ LOCKDOWN Video Contest as a move to inspire and ensure fitness among prospective teachers during the Covid pandemic lockdown. A video of maximum 2 minutes length of any of physical fitness activity using mobile or camera were asked to be prepared by students & staff (teaching & non teaching). Mr. Faseel Ahammed, Assistant Professor, Physical Education and Abdul Basith U, General Captain coordinated the event.



Gallery



Prepared by Media Cell, FTC

Report

Zumba training

30th July 2020

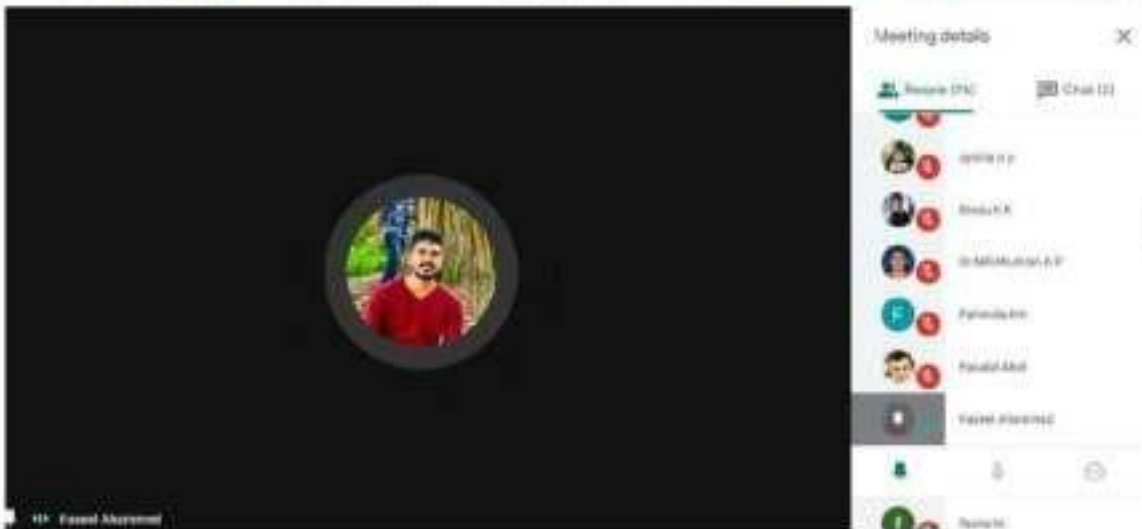
As the world is at risk of a widespread epidemic, we automatically move into the world of virtual learning and online teaching. We find it difficult to participate in physical training during this epidemic. Farook Training College, Department of physical education in collaboration with Farook Training College Students Union, LIBERTE is organizing a virtual Zumba training session for the students on 30.7.2020. Mr. Faseel Ahamed. HOD Dept. of PE here by entrusted to coordinate the event

<https://youtu.be/qjybNUeJgps>

<https://meet.google.com/ryq-ggqy-bmz>



Gallery





Appendix



Virtual Zumba Master Class
Farook Training College Department of Physical Education in collaboration with Liberte Student's youtube.com

FTCIA FITNESS CHALLENGE -VIRTUAL ZUMBA MASTER CLASS -2020

ആരോഗ്യമുള്ള മനസ്സും ആരോഗ്യമുള്ള ശരീരവും ഏത് പ്രതിസന്ധിയേയും നേരിടാൻ നമ്മെ പ്രാപ്തമാക്കുന്നു. ഈ മഹാമാരി കാലത്ത് ശാരീരിക പരിശീലനത്തിൽ പങ്കെടുക്കാൻ നിങ്ങൾ ബുദ്ധിമുട്ടനുഭവിക്കുന്നുവോ? ഫാറൂക്ക് ട്രെയിനിംഗ് കോളേജ് ഫിസിക്കൽ എഡ്യൂക്കേഷൻ ഡിപാർട്ട്മെന്റ് സ്റ്റുഡന്റ്സ് യൂണിയനുമായി സഹകരിച്ച്

30.7.2020 , 9.30 am

വിദ്യാർത്ഥികൾക്കായി വെർച്വൽ സൂംബ പരിശീലന സെഷൻ സംഘടിപ്പിക്കുന്നു. കേരളത്തിനകത്തും പുറത്തും നിരവധി പരിശീലന വേദികളിൽ നിറഞ്ഞ് നിൽക്കുന്ന പ്രശസ്ത സൂംബ പരിശീലകൻ **ശ്രീ ശ്രീജിത്ത്** നയിക്കുന്ന സൂംബ പരിശീലന ക്ലാസിൽ പങ്കെടുക്കൂ ആരോഗ്യകരവും ആസ്വാദ്യകരവുമായ ജീവിത ശൈലിയും നൈപുണിയും നേടിയെടുക്കൂ

<https://youtu.be/qjybNUeJgps>

<https://meet.google.com/ryq-ggqy-bmz>

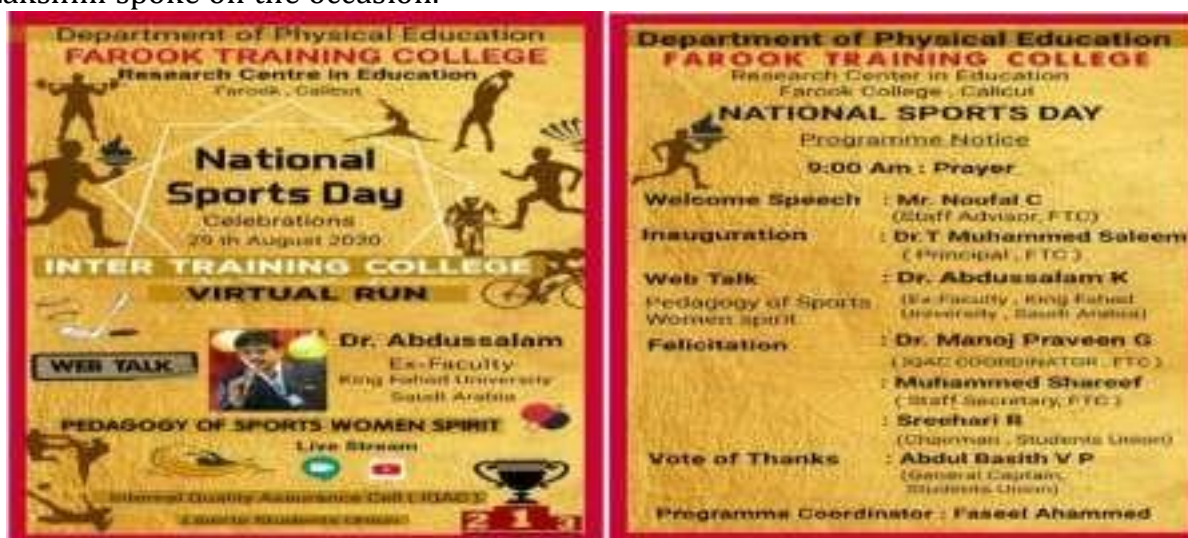
3:15 pm

Report

National Sports Day 29th August 2020

Farook Training College, Department of physical education celebrated this year's National Sports Day on August 29, the birthday of former Indian hockey player Dhyan Chand grandly via Google meet and with live streaming of the event through Gurudharshan YouTube channel. An inter training collegiate virtual marathon run competition for students and teachers was held. As the part of the celebrations, a webinar was presented by Dr. Abdulsalam Kannian, a former teacher, Kind Fahad International School, Dammam Saudi Arabia and sports expert at various universities in the world.

Talking about the pedagogy of sports women spirit, Dr Aboobacker Kannian mentioned in a beautiful speech about the importance of balanced mental and physical health and healthy food habits that we need to maintain in our daily lives . His very useful speech reminded us of the need for a healthy lifestyle. The event, coordinated by Mr Faseel Ahmed, HoD, Department of physical education, Farook Training College, was inaugurated by Dr. Mohammad Saleem Sir , Principal of Farooq Training College. Staff Adviser Nowfal C IQAC Coordinator Dr Manoj Praveen Staff Secretary Muhammad Sharif and Students Union Chairman Shrihari R and Joint Secretary Shri Lakshmi spoke on the occasion.



Gallery



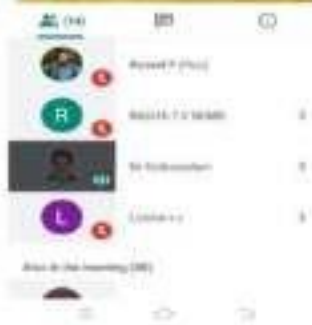
Farook Training College National Sports Day Celebration 2020

35 views · 22 hours ago



Farook Training College National Sports Day Celebration 2020

35 views · 22 hours ago



Farook Training College National Sports Day Celebration 2020

35 views · 22 hours ago



Farook Training College National Sports Day Celebration 2020

38 views · 22 hours ago



Farook Training College National Sports Day Celebration 2020



Farook Training College National Sports Day Celebration 2020

45 views · 23 hours ago



Farook Training College National Sports Day Celebration 2020



| ANALYSIS TYPE | Splits | |
|---------------|--------------|----------|
| 1.0 km | 10:16 min/km | 00:10:16 |
| 2.0 km | 10:16 min/km | 00:10:16 |
| 3.0 km | 10:17 min/km | 00:10:45 |
| 4.0 km | 10:09 min/km | 00:10:09 |
| 5.0 km | 11:00 min/km | 00:10:58 |
| 6.0 km | 11:14 min/km | 00:11:14 |
| 7.0 km | 11:04 min/km | 00:11:32 |
| 8.0 km | 12:20 min/km | 00:13:30 |
| 9.0 km | 10:53 min/km | 00:13:51 |
| 10.0 km | 11:43 min/km | 00:11:43 |
| 11.0 km | 11:40 min/km | 00:11:58 |
| 12.0 km | 10:08 min/km | 00:11:50 |

| ANALYSIS TYPE | Splits | |
|---------------|--------------|----------|
| 1.0 km | 10:16 min/km | 00:10:16 |
| 2.0 km | 10:16 min/km | 00:10:09 |
| 3.0 km | 10:09 min/km | 00:10:00 |
| 4.0 km | 09:38 min/km | 00:09:32 |
| 5.0 km | 09:38 min/km | 00:09:32 |
| 6.0 km | 10:01 min/km | 00:10:00 |
| 7.0 km | 10:01 min/km | 00:10:00 |
| 8.0 km | 10:01 min/km | 00:10:00 |
| 9.0 km | 10:01 min/km | 00:10:00 |
| 10.0 km | 10:01 min/km | 00:10:00 |
| 11.0 km | 10:01 min/km | 00:10:00 |
| 12.0 km | 10:01 min/km | 00:10:00 |

| ANALYSIS TYPE | Splits | |
|---------------|--------------|--------------|
| 0.1 km | | |
| 0.5 km | | |
| 1 km | | |
| 5 km | | |
| 10 km | | |
| DISTANCE | PACE | ELAPSED TIME |
| 1.0 km | 11:16 min/km | 00:11:16 |
| 2.0 km | 10:09 min/km | 00:10:09 |
| 3.0 km | 10:03 min/km | 00:10:00 |
| 4.0 km | 09:38 min/km | 00:09:32 |
| 5.0 km | 09:38 min/km | 00:09:32 |
| 6.0 km | 09:58 min/km | 00:09:37 |
| 7.0 km | 10:01 min/km | 00:10:00 |
| 8.0 km | 10:01 min/km | 00:10:00 |
| 9.0 km | 10:01 min/km | 00:10:00 |
| 10.0 km | 10:01 min/km | 00:10:00 |

 **Saturday Morning**
Aug 29, 2020 6:58 AM



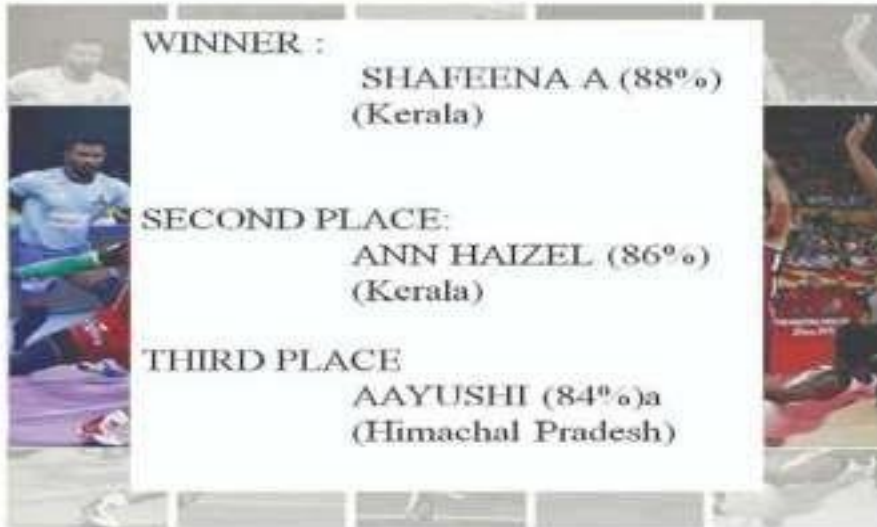
20.12 km 3:37:29 time 10:49 min/km 1,167 calories

Appendix

Keyi Sahib Training College Taliparamba
National Sports Day Celebrations 2020

ONLINE SPORTS QUIZ

RESULTS



WINNER :
SHAFEENA A (88%)
(Kerala)

SECOND PLACE:
ANN HAIZEL (86%)
(Kerala)

THIRD PLACE
AAYUSHI (84%)a
(Himachal Pradesh)

കേരള സാഹിബ് ട്രെയിനിംഗ് കോളേജിൽ ദേശീയ കായിക മത്സരത്തിന്റെ ഭാഗമായി നടത്തിയ നാഷണൽ ലെവൽ സ്പോർട്ട്സ് ക്വിസ്സിൽ സെക്കന്റ് ഇയർ സോഷ്യൽ സയൻസിലെ സഹീന ഒന്നാം സ്ഥാനം നേടിയിരിക്കുന്നു അഭിനന്ദനങ്ങൾ

10:44 am



Forwarded

Dears

Farook Training College is going to celebrate National Sports Day on **Thursday 29th August** with colorful programs via Google Meet. The program will be telecast to all B.Ed colleges through our youtube channel *Gurudarshan *

Programs designed to make the day unforgettable

1-Web Talk On - Pedagogy of Sports Women Spirit

Dr Absussalam K , Ex faculty - King Fahad University , Soudi Arabia)

2-Inter Collegiate Virtual Run

The virtual run competition is held for teachers, non teaching staff and students in training colleges. The competition aims to make it possible to stay physically fit at home during the pandemic.

Download **Map My Run or Run Keeper** Apps, record the performance and send screenshot of your run and its link. Certificates will be given to all the contestants and special prizes will be awarded to the best performers. Looking forward to your support and active participation

Mr. Faseel Ahammed

Assistant Professor

Physical Education, FTC

Forwarded

*Instructions for Virtual Run *

Virtual Run is held through the Map My Run & Run Master (Available on all Android and iPhone) applications.

:The competition will be held on **August 29 , from 9 am to 5 pm** Running can be completed within this time.

:Participants should send a screen shot of their run to the following WhatsApp numbers along with its history link.

:All the participants will get e - certificate. Attractive prizes will be distributed to special performance

Contact

9447622226

Faseel Ahammed

Assistant Professor , FTC

*9946860313 *

Noufal C

Assistant professor , FTC

6:33 pm

**Yoga & Fitness Programme for BEd Students @ FTC
20th January 2021**



Report

Farook Training College organized one day Yoga and Physical fitness program for the newly joint BEd students on 20th January 2021. The program has Variety of Calisthenics classes, yoga & breathing exercises, free hand exercises, recreational activities, aerobic dance, and aerobic exercises Led by FTC senior student teachers who have been given special training. The programme was led by Mr. Faseel Ahammed, Assistant professor of Physical Education. Dr. T Muhammed Saleem, Principal FTC inaugurated the programme and Dr. Aseel Abdul Wahid, Coordinator of BEd 2020-22 made the welcome address.



Gallery



**Workshop on Physical fitness
22nd February 2021**

FTC ,first year M.Ed students in collaboration with Department of Physical Education conducted a workshop on physical fitness training on 22nd February 2021 at College Auditorium. Ms Sajila K, M.Ed student was the resource person. The program was inaugurated by Mr Ummer K V and presidential address by Mr Nived.



Report

FIT TREAT- Online Post Covid Fitness Training 20th May 2021

Department of Physical Education of Farook Training College in collaboration with Government Arts and Science College, Kondotty jointly organized the **Fit Treat** Online Post Covid fitness training counselling to provide guidance on how to do breathing exercises, yoga and other physical exercises at home in the present scenario of pandemics. About 80 people from the various parts of Kerala participated in this counselling organized through Google Meet. The program was done by sending videos, pictures and audio to all of them through WhatsApp and Google Meet.

The event went ahead with the supporting hands of fitness trainers and consultants Dr. M Antony, the Principal of peevees public School Nilambur , Mr. Faseel Ahammed, Assistant professor at Farook Training College and Dr. Abdussalam K, Head of the department of physical education, Government Arts and Science College Kondotty.

The image is a screenshot of a WhatsApp chat conversation. At the top, the chat title is "FIT TREAT" with a link to "farook.gia". Below the title, the chat content is in Malayalam. It starts with the name of the organizing institution: "Farook Training College, Research Centre in Education, Farook College, Kozhikode". The main heading is "FIT TREAT Online Post Covid Fitness Training". The text then describes the purpose of the training, mentioning that it is for people who have recovered from COVID-19 and need to regain their fitness. It lists the resource persons: Dr. A M Antony (Fitness Consultant & Yoga Trainer), Dr. Abdussalam K (Fitness Consultant & Certified TA Counsellor), and Mr. Faseel Ahammed (Fitness Consultant & Yoga Trainer). The chat ends with a closing message and a date stamp "20/05/2021".

International Yoga Day

21st June 2021

International Yoga Day jointly organized by Student Council and Department Of Physical Education of Mr. Farook Training College in Club house platform at 10:30 am. Student coordinator Jineesh Kumar welcomed the gathering. Presidential address delivered by Faseel Ahammed, Head of Physical Education Department of FTC, explained the importants of Yoga and so on. He also advised to do yoga regularly and not just in one day. Dr. Muhammed Saleem, Principal of FTC inuagrated the program.

Following the inuagration Noufal Sir, K M Shareef Sir, Dr. Manoj Praveen were felicitated the program. A quiz program was also conducted in this connection. Faseel Ahammed sir became the quiz master and Shareef sir managed the event. Soufiya of 1st B. Ed won first place , Ashira of DECCE won the 2 nd place and Jinitha of 1ST B. Ed won the third place in quiz competition. Jineesh Kumar, Students Coordinator delivered Vote of Thanks and concluded the program.



[Gallery](#)

12:08 PM
Follow
FAROOK TRAINING COLLEGE
Yoga Day Observation

Participants: Nowfal, Imran, Madhan, Arpana, Faisal, ABIRAHMED, Sachin, Mani, Madhu, Harish, Kapila, Sriya, Adithi, Anwar, NR, MH.

11:23 AM
Follow
Yoga Day Observation

Participants: Anwar, Madhu, Arpana, Faisal, Harish, JKH, Pratheek, TC, Ayman, Samina.

1:02 PM
Follow
Participants: Ashish, Parvika, Jena, Parvika, MV, AF, Madhika, Te, Alpa, Madhika, RK, Arun, Myha, Teja, Fathima, Rishi, Myha, Teja, FA, MS, Fathima, Megha, Madhika, Dr, Faisal, Raj, Vibi, Shalini, Kapila, Sriya, Isha, Harsh, Madhika, SS, ST, FK.

11:02 AM
Follow
Grid of participants: AB, RE, JK, Rishi, Rudra, MADHUKA, Jashvi, Nam, Harsha, Madhu, Anu, Anitha, Rishi, Adithi, Saranya, BB, RR, VJ, Divya, Isha, TANZILA, Veera, SS, SA, SP, Sakshi, Shreya, Jyoti, Isha, Vidya, Isha, Lavanya, Nandika.

TOMORROW 9:58 AM
Yoga Day Observation
From FAROOK TRAINING COLLEGE

w/ Nowfal Melattur, Jineesh Kallingat, Prinsipal, / Kozhikode & Faisal Ahammed

INTERNATIONAL YOGA DAY

Dear all,
In connection with the International Yoga Day, the Department of Physical Education & P.T.C Students council jointly organize the following programmes:
1. **Vegetarian Challenge** - Send your pictures of three different yogasana on June 21. All participants will get an E-certificate.
2. **Essay writing competition** - The topic of the essay is 'Yoga during Covid pandemic'. Send the written material in pdf format before June 20.
3. **Quizooz** - Online quiz on yoga, which will take place on Clubhouse @ 11am on June 21.

You can send your contents to the following numbers:
7994987936 - AAKA P S Health & PE Joint Coordinator (Student's Council)
9562707436 - Jineesh Kumar Health & PE Coordinator (Student's Council)

Exciting prizes will be given to the winners of each competition.

"Be with Yoga, Be at home"

Faisal Ahammed
Assistant Professor
Physical Education


PANNIK TRAINING COLLEGE
 WOMEN'S COLLEGE OF EDUCATION
 KANNUR DISTRICT, KERALA
 DEPARTMENT OF PHYSICAL EDUCATION
INTERNATIONAL DAY OF YOGA
 June 21, 2021

RESULTS OF YOGASANA CHALLENGE

FIRST PLACE


CHRISTEENA. K M
 First Year
 M.Ed


CHRISTEENA. K M
 First Year, S St
 Mysore

CONGRATULATIONS

MOCCHA STUDENTS COUNCIL


PANNIK TRAINING COLLEGE
 WOMEN'S COLLEGE OF EDUCATION
 KANNUR DISTRICT, KERALA
 DEPARTMENT OF PHYSICAL EDUCATION
INTERNATIONAL DAY OF YOGA
 June 21, 2021

RESULTS OF YOGASANA CHALLENGE


SECOND PLACE


RASHMI. V
 First Year, S St
 Mysore


RASHMI. V
 First Year, S St
 Mysore

CONGRATULATIONS


MOCCHA STUDENTS COUNCIL



PANNIK TRAINING COLLEGE
 WOMEN'S COLLEGE OF EDUCATION
 KANNUR DISTRICT, KERALA
 DEPARTMENT OF PHYSICAL EDUCATION
INTERNATIONAL DAY OF YOGA
 June 21, 2021

RESULTS OF YOGASANA CHALLENGE

THIRD PLACE


CHRISTEENA. K M
 First Year, S St
 Mysore


CHRISTEENA. K M
 First Year, S St
 Mysore


CHRISTEENA. K M
 First Year, S St
 Mysore

CONGRATULATIONS

MOCCHA STUDENTS COUNCIL



CHRISTEENA. K M
First Year
M.Ed



PRAVEENA. V
First Year
M.Ed



FAROOK TRAINING COLLEGE
RESEARCH CENTRE IN EDUCATION
DEPARTMENT OF PHYSICAL EDUCATION
IN COLLABORATION WITH
STUDENTS' COUNCIL
CELEBRATES

INTERNATIONAL



BE WITH YOGA BE AT HOME

YOGASANAS CHALLENGE

Send your pictures of 3 different yogasanas

QUIZOGA

Online Yoga quiz on Clubhouse

ESSAY WRITING COMPETITION

Yoga during Covid pandemic

JUNE 21 MONDAY, 2021

FTCA - FAROOK TRAINING COLLEGE INNOVATIVE ACADEMY

Dear all,

In connection with the International Yoga Day, the Department of Physical Education & FTC Student's council jointly organize the following programmes

1. **Yogasana Challenge** - Send your pictures of three different yogasanas on June 21. All participants will get an E-certificate.
2. **Essay writing competition** - The topic of the essay is 'Yoga during Covid pandemic'. Send the written material in pdf format before June 20.
3. **Quizoga** - Online quiz on yoga, which will take place on Clubhouse @ 11am on June 21.

You can send your contents to the following numbers

7994987356 - Aahil P. S

Health & PE Joint Coordinator

(Student's Council)

956201036 - Jneesh Kumar

Health & PE Coordinator

(Student's Council)

Exciting prizes will be given to the winners of each competition

'Be with Yoga

Be @ home'

Fazeel Ahammed

Assistant Professor

Physical Education

XX on 7

Report

Euro 2020 & Copa America 2021 Football Prediction Contest

17-30th June 2021

Miqesia student's council had conducted a talk on the topic " Who will win or lose in Copa 2021 & Euro 2020 on 9th July 2021 on clubhouse. Teaching & non - teaching staff, current students & Alumni were actively participated in the heated discussion to express their views, predictions and wishes in the final of both Euro & Copa. The discussion lasted almost 2 hour.

In connection with the Euro 2020 and Copa America 2021 football tournaments, the department of Physical Education in collaboration with Miqesia students' council had conducted a prediction contest. The students were given a google form link to make their prediction, the contest began on June 17 and ended on June 30. Ms Anjan M from Physical Science became the winner of the competition.



Gallery

Report

National Sports Day 29th August 2021

Department of Physical education and Miqesia Students council had celebrated the National Sports Day on 29th August 2021. The celebrations started with an official inaugural session via whatsapp. The Principal Dr. T. Mohamed Saleem inaugurated the program and Mr Faseel Ahammed, Assistant Professor , Physucal Education Presided the function. After the inaugural session various programs like Quiz on sports, Push Ups competition & Virtual Run competitions were conduct for Students and Staff. Winners and participants were given E-certificates.The College also Organized Virtual Walk or Run Competition as Part FIT India Movement by the Government of India.

FAROOK TRAINING COLLEGE
RESEARCH CENTRE IN EDUCATION
FAROOK COLLEGE,KOZHIKODE

MIQESIA STUDENTS' COUNCIL

National Sports Day

*Virtual Run Competition
for Boys*

1st Prize



JINESH KUMAR
B.Ed
English

2nd Prize



Mithun Gopi, C
B.Ed
Malayalam

Congratulations

FAROOK TRAINING COLLEGE
RESEARCH CENTRE IN EDUCATION
FAROOK COLLEGE,KOZHIKODE

MIQESIA STUDENTS' COUNCIL

National Sports Day

Push-Ups Competition(Women)

1st Prize



IKHITHA T
B.Ed
Malayalam

2nd Prize



ANSHIKA V
B.Ed
Malayalam

VEENA K
B.Ed

3rd Prize



MYRA SULTIM
B.Ed

SHILPA R
B.Ed
Malayalam

Congratulations

Gallery



Cultural Events



Report

Onam Celebration- Veetilirunnonam

28th August- 2nd September 2020

Onam celebration commences at Farook Training College, 28th August witnessed the official inauguration of the Onam celebrations at FTC.'Veetilirunnonam ', a polysemy meaning 'Be at Home' and 'Onam at Home' through Google Meet and the college YouTube channel Gurudarshan at 9.30 with an Omnist prayer. Rajitha K.V, Assistant Professor, FTC, Program Coordinator presented the welcome note and Principal Dr. T. Muhammed Saleem presented the Onam message. He appreciated the christening and programming of the celebration in a variety manner and also gave a comprehensive introduction to the history of Onam songs. IQAC Coordinator Dr.Manoj Praveen, Staff Secretary Dr.Muhammed Shareef, Staff Advisor Noufal Melattur and Union Chairman Sreehari felicitated the program.

A nadanpatt was organized by Kanal Thiruvalli Troop by artists lead by Athul Narukara. The program of songs and talks gave students an interesting experience. Cultural programs of staff and students were also organized. Fine Arts Secretary Vipin presented the vote of thanks. Harmony festival being organized as part of Onam celebrations includes floral competitions at home, Henna design competition, Pencil drawing, Selfie, Onam songs and Recipe celebrations in the following days.

FAROOK TRAINING COLLEGE
RESEARCH CENTRE IN EDUCATION
Farook College P.O. Kottayam, Kerala - 686 002, Phone: 9447 114447

വീടിലിരുന്നോണം

ഓഗസ്റ്റ് 28-ൽ തുടങ്ങുന്ന
ഹോമിംഗ് 2020

ഹോമിംഗ് കലാപരിപാടികൾ

- > സ്വപാകം പുഷ്പ മേയം
- > പുഷ്പമലിനം
- > പുഷ്പമലിനം
- > പുഷ്പമലിനം
- > പുഷ്പമലിനം
- > പുഷ്പമലിനം

പങ്കെടുക്കുന്ന വിദ്യാർത്ഥികൾക്ക് അമ്മിണി അരിയും സമ്മാനവും ലഭിക്കും.

എല്ലാ വിദ്യാർത്ഥികൾക്കും 9.30 മുതൽ 10.30 വരെ പങ്കെടുക്കേണ്ടതാണ്.

കൂടുതൽ വിവരങ്ങൾക്ക് സന്ദർശിക്കുക

ഗുരുദർശൻ

Internal Quality Assurance Cell (IQAC)

FTCA

FAROOK TRAINING COLLEGE
RESEARCH CENTRE IN EDUCATION
Farook College P.O. Kottayam, Kerala - 686 002, Phone: 9447 114447

വീടിലിരുന്നോണം

ഓഗസ്റ്റ് 28-ൽ തുടങ്ങുന്ന
ഹോമിംഗ് 2020

കാലപ്പരിപാടി

പങ്കെടുക്കുന്ന വിദ്യാർത്ഥികൾക്ക് അമ്മിണി അരിയും സമ്മാനവും ലഭിക്കും.

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ഗുരുദർശൻ

Internal Quality Assurance Cell (IQAC)

FTCA

പങ്കെടുക്കുന്ന വിദ്യാർത്ഥികൾക്ക് അമ്മിണി അരിയും സമ്മാനവും ലഭിക്കും.

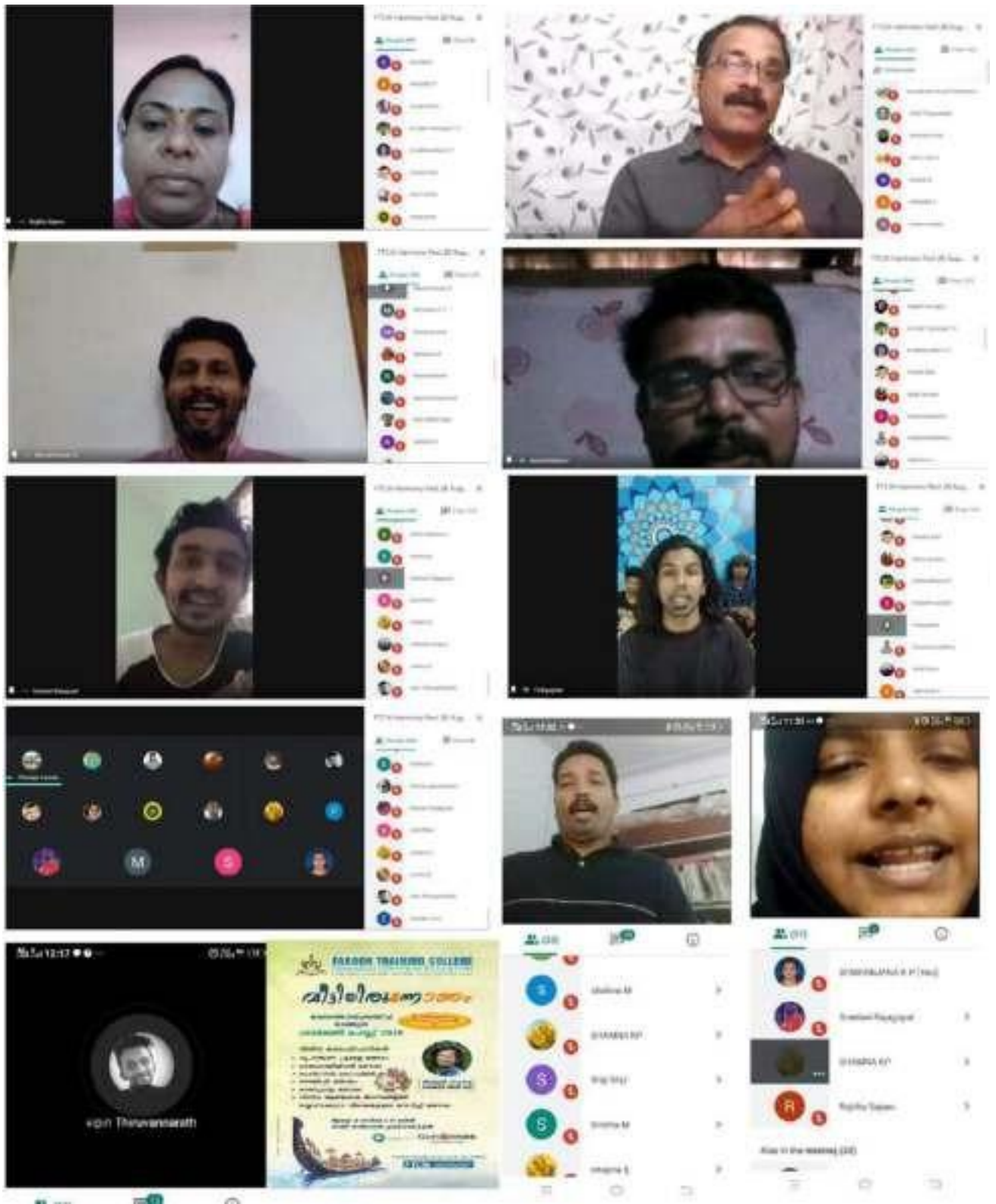
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കൂടുതൽ വിവരങ്ങൾക്ക് സന്ദർശിക്കുക

ഗുരുദർശൻ

Internal Quality Assurance Cell (IQAC)

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<https://youtu.be/aqRaizAqFJM>

https://youtu.be/l4L_AeNsm3I

Day 2 (29/08/2020) - MEHENDI FEST

Mehendi fest was organised as part of the 'veettilirunnonam' event on 29-08-2020, saturday at Farook Training College. The students were at home sharing their henna hands through the whatsapp group. It was a tough competition. Afeefa Nisva of 4th sem B. Ed Maths got first prize, Thabsheera of 4th sem B. Ed NS secured second prize and Hafseena U. P of M. Ed scored third prize. The judgement panel was under the control of Jaseena miss and Irshana miss. Cheerful and exciting competitions are going on.

FAROOK TRAINING COLLEGE
Harmony Fest 2020

മീതിലിരുന്നോണം
മൈലാഞ്ചിയിടൽ മത്സരം

| 1st | 2nd | 3rd |
|--|--|--|
|  |  |  |
| Afeefa Nisva (Maths) | Thabseena. N (N S) | Hafseena. N P (M. Ed) |



FIRST PRIZE



SECOND PRIZE



THIRD PRIZE



Day 3 (30/08/2020) – ONAPPATTU COMPETITION

Onampattu competition was organised as part of the 'VEETILIRUNNONAM' programme on 30-08-2020 sunday at Farook Training College.

Within the allotted time, the students recorded the voice of onampattu and shared it in the whatsapp group from their home. Even the judges were amazed by the number of onam songs that shared to the competition. Shamna k. P of Malayalam 4th sem B. Ed got first prize, Deepthi of English 4th sem B.Ed secured second prize and Reshma k. r of Malayalam 4th sem B. Ed scored third prize in the competition. Farook sir and Rekha miss were the judges for this mega event.

FAROOK TRAINING COLLEGE
Harmony Fest 2020

മിട്ടിലിരംഗമൊന്നം
ഒന്നാമത്ത് രാത്രി

| | | |
|---|--|---|
| 1st | 2nd | 3rd |
|  |  |  |
| Shamna. K P (Malayalam) | Deepthi. M (English) | Reshma. K R (Malayalam) |

Day 4 (31/08/2020) – FLORAL DECORATION & SELFIE COMPETITION

As part of the online onam celebrations, on 31st August home floral decoration and Onam selfie competitions were held. Students were to post photos of the floral decorations done at home. 22 students took part in the tight competition. Adila (mal), Shahina (ps) & Shafla (ns), Prajila (ss) bagged the first, second and third prizes respectively. Dr.Afeef Tharavattath and Dr.Niranjana KP were the judges.

AS part of Selfie competition students were posting thier selfies in the watsapp group with kerala identity. Arifa of B. Ed physical science 4th sem secured first prize, Manju of B. Ed maths scored second prize and Anusree of B. Ed maths gained third prize in selfie snap shot. Aseel abdul vahid and Anees sir were the juries for this colorful and vibrant event





FIRST PRIZE



THIRD PRIZE



SECOND PRIZE

FAROOK TRAINING COLLEGE
HARMONY FEST 2020
രീതിലിരംഗം
ഒന്നാമതായി അവാർഡ്

1st 2nd 3rd



Harifa
(Ps)

Manju
(Maths)

Anusree
(Maths)

FAROOK TRAINING COLLEGE
HARMONY FEST 2020
രീതിലിരംഗം
രണ്ടാമതായി അവാർഡ്

1st 2nd



Adila
Malayalam

Shahina
Physical science

Shafia
Natural science

3rd



Prajila
Social science



FIRST PRIZE



SECOND PRIZE



SECOND PRIZE



THIRD PRIZE

Day 5 (1/09/2020) – RECIPE COMPETITION

As part of the online onam celebrations of FTC, recipe competition was held on 1st September 2020. Students were to post photos of the food prepared along with an audio and recipe note of the dish. 19 students took part in the tight competition. Adila (Malayalam), Shahina (Physical Science), Hhafsath (Social Science) bagged the first, second and third prizes respectively. Mrs. Irshana Shahnaz Ulladan and Mr. Mohammed Sareef K were the judges.



FAROOK TRAINING COLLEGE
HARMONY FEST 2020
രീട്ടിലിരുന്നോണം
Recipe Competition

| 1st | 2nd | 3rd |
|---|---|---|
|  |  |  |
| Adila Malayalam | Shahina Physical science | Hafsath Social science |



5. Salt (optional) powder 1/2 Tsp
 6. Sugar 1 Tbsp
 7. Cardamom and Saffron 1/2 tsp per bowl



Day 6 (2/09/2020) – PENCIL DRAWING COMPETITION

As part of the online Onam Ccelebrations of FTC, Pencil drawing competition was held on 2nd September 2020. Students were to post photos of pictures drawn on the theme Home Schooling. Jamsheera (Social Science), Shahina (Physical Science) & Ayana (Natural Science), bagged the first, second and third prizes respectively. Mr. Nowfal C and Mr. Ravindran P.B were the judges.





Appendices

വീട്ടിലിരുന്നോണം 2020



**5 DAYS
6 COMPETITIONS**

1. Mehandi
2. Onam song
3. Pookkalam
4. Selfie contest
5. Festival Foods
6. Pencil drawing



Day 1

Day 2



Day 3



Day 4

Day 5

PROGRAMME SCHEDULE

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| <p>വീട്ടിലിരുത്താനും</p> <p style="text-align: center;">ഓണാചരണങ്ങളേൾ</p> <ol style="list-style-type: none"> 1. വെലോഞ്ചിയിടൽ, - 29.8.20 2. ഓണപ്പാട്ട് - 30.8.20 3. സ്ത്രീസമൂഹം പുരോളംതീരാനും, ഓണ സെമ്മിനാർ - 31.8.20 4. നെസിറ്റി - 01.9.20 5. പെൻസിൽ ക്രയാട്രിംഗ് - 02.9.20 | <p>വീട്ടിലിരുത്താനും</p> <p style="text-align: center;">വെലോഞ്ചിയിടൽ തത്സമം 29.8.20</p> <p>നിരീക്ഷണം</p> <ul style="list-style-type: none"> * ഒരു കവം മുഴുവനായും വേർതിരിക്കും * മേമ്പലം തൊഴിലും 9 മണി മുതൽ വൈകിട്ട് 7 മണി വരെയോണ് (7 മണി വരെയോണ് നെല്ലിൽ പോറ്റി പൊടിച്ചതും, തുടർന്ന് മേമ്പലം വെട്ടുന്നതുംകൊണ്ടും കോഴ്കൊണ്ടും പണിമുടയ്ക്കുന്നതും) * ഇറ്റുറം മേമ്പലം മേമ്പലംകൊണ്ടും വേർതിരിക്കും * ചുട്ടുപൊടിച്ച പൂശൽ ഉണ്ടാക്കുന്നതും * വെലോഞ്ചി വെലോഞ്ചി കട്ടുകുന്നതാണ് മുതൽ കോട്ടേ - ആരംഭം * മുതൽ മേമ്പലം മേമ്പലംകൊണ്ടും വേർതിരിക്കും * മുതൽ മേമ്പലംകൊണ്ടും വെട്ടുന്നതുംകൊണ്ടും വെട്ടുന്നതും കട്ടുകുന്നതുംകൊണ്ടും ഉണ്ടാക്കും. കോട്ടേകൊണ്ടും പെൻസിൽ ഉണ്ടാക്കും. വെട്ടുന്നതുംകൊണ്ടും ഉണ്ടാക്കും. കോട്ടേകൊണ്ടും പെൻസിൽ ഉണ്ടാക്കും. വെട്ടുന്നതുംകൊണ്ടും ഉണ്ടാക്കും. |
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| <p>വീട്ടിലിരുത്താനും</p> <p style="text-align: center;">ഓണപ്പാട്ട് തത്സമം 30.08.2020</p> <p>നിരീക്ഷണം:</p> <ul style="list-style-type: none"> * മേമ്പലംകൊണ്ടും പെൻസിൽ കട്ടുകുന്നതും * നിരീക്ഷണം പെൻസിൽ കട്ടുകുന്നതും കോട്ടേകൊണ്ടും വെട്ടുന്നതുംകൊണ്ടും ഉണ്ടാക്കും. കോട്ടേകൊണ്ടും പെൻസിൽ ഉണ്ടാക്കും. * മേമ്പലംകൊണ്ടും പെൻസിൽ കട്ടുകുന്നതും * മുതൽ മേമ്പലംകൊണ്ടും വെട്ടുന്നതുംകൊണ്ടും വെട്ടുന്നതുംകൊണ്ടും ഉണ്ടാക്കും. കോട്ടേകൊണ്ടും പെൻസിൽ ഉണ്ടാക്കും. വെട്ടുന്നതുംകൊണ്ടും ഉണ്ടാക്കും. കോട്ടേകൊണ്ടും പെൻസിൽ ഉണ്ടാക്കും. |
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| <p>വീട്ടിലിരുത്താനും</p> <p style="text-align: center;">11.8.20</p> <p>സ്ത്രീസമൂഹം പുരോളം തീരാനും നെസിറ്റി</p> <ul style="list-style-type: none"> 1. സ്ത്രീസമൂഹം പുരോളം തീരാനും നെസിറ്റി 2. സ്ത്രീസമൂഹം പുരോളം തീരാനും നെസിറ്റി 3. സ്ത്രീസമൂഹം പുരോളം തീരാനും നെസിറ്റി 4. സ്ത്രീസമൂഹം പുരോളം തീരാനും നെസിറ്റി 5. സ്ത്രീസമൂഹം പുരോളം തീരാനും നെസിറ്റി 6. സ്ത്രീസമൂഹം പുരോളം തീരാനും നെസിറ്റി 7. സ്ത്രീസമൂഹം പുരോളം തീരാനും നെസിറ്റി 8. സ്ത്രീസമൂഹം പുരോളം തീരാനും നെസിറ്റി 9. സ്ത്രീസമൂഹം പുരോളം തീരാനും നെസിറ്റി 10. സ്ത്രീസമൂഹം പുരോളം തീരാനും നെസിറ്റി |
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| <p>വീട്ടിലിരുത്താനും 2020</p> <p style="text-align: center;">നെസിറ്റി തത്സമം 31/08/2020</p> <p>നിരീക്ഷണം</p> <ul style="list-style-type: none"> * നെസിറ്റി കട്ടുകുന്നതും * നെസിറ്റി കട്ടുകുന്നതും * നെസിറ്റി കട്ടുകുന്നതും * നെസിറ്റി കട്ടുകുന്നതും * നെസിറ്റി കട്ടുകുന്നതും * നെസിറ്റി കട്ടുകുന്നതും * നെസിറ്റി കട്ടുകുന്നതും * നെസിറ്റി കട്ടുകുന്നതും * നെസിറ്റി കട്ടുകുന്നതും * നെസിറ്റി കട്ടുകുന്നതും |
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| <p>വീട്ടിലിരുത്താനും</p> <p style="text-align: center;">വീട്ടിലിരുത്താനും തത്സമം 02-09-2020</p> <p>നിരീക്ഷണം</p> <ul style="list-style-type: none"> 1. വീട്ടിലിരുത്താനും തത്സമം 2. വീട്ടിലിരുത്താനും തത്സമം 3. വീട്ടിലിരുത്താനും തത്സമം 4. വീട്ടിലിരുത്താനും തത്സമം 5. വീട്ടിലിരുത്താനും തത്സമം 6. വീട്ടിലിരുത്താനും തത്സമം 7. വീട്ടിലിരുത്താനും തത്സമം 8. വീട്ടിലിരുത്താനും തത്സമം 9. വീട്ടിലിരുത്താനും തത്സമം 10. വീട്ടിലിരുത്താനും തത്സമം |
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| <p>വീട്ടിലിരുത്താനും</p> <p style="text-align: center;">നെസിറ്റി തത്സമം 01-09-2020(പെൻസിൽ)</p> <p>നിരീക്ഷണം</p> <ul style="list-style-type: none"> * നെസിറ്റി കട്ടുകുന്നതും * നെസിറ്റി കട്ടുകുന്നതും * നെസിറ്റി കട്ടുകുന്നതും * നെസിറ്റി കട്ടുകുന്നതും * നെസിറ്റി കട്ടുകുന്നതും * നെസിറ്റി കട്ടുകുന്നതും * നെസിറ്റി കട്ടുകുന്നതും * നെസിറ്റി കട്ടുകുന്നതും * നെസിറ്റി കട്ടുകുന്നതും * നെസിറ്റി കട്ടുകുന്നതും |
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X'mas & New Year celebration 25th December 2020- 1st January 2021

Farook Training College conduct X'mas - New Year celebration in the presence of Liberte Students' Union. The celebration conducted by an online program section from 25th December 2020 to 1st January 2021. It was 6 days long program section. The program was blessed with the wishes of our principal Dr. T Muhammed Salim sir and our teachers Dr. Manoj Praveen G and Dr. Afeef Tharavattath. Crib making held on 25 Dec 2020 followed by X'mas card making on 26th Dec 2020. 27th Dec 2020 blessed with the carol song competition and 28th Dec 2020 made by letter to santa. The program elaborated by theme creation, New year poster and cake making on 29th, 30th and 31st Dec 2020 respectively. The well participation of students made the program complete. This wonderful online program section through whats app group was beautifully co-ordinated by Arts Director Rajitha miss and Fine arts secretary Vipin.



Gallery









FAROOK TRAINING COLLEGE
RESEARCH CENTRE IN EDUCATION
Farook College, Kozhikode

A Letter to Santa Claus

Faanaia MM
1st Year B.E.E. Mathematics

Mithun Gopi
1st Year B.E.E. Mathematics

Benissa
1st Year B.E.E.

Cake Making

Huloodha
1st Year B.E.E. Social Sciences

Ayisha Praveen
1st Year B.E.E. Physical Sciences

Shahana
1st Year B.E.E. Mathematics

ക്രിസ്മസ് ന്യൂയർ ആഘോഷം 2020 - 21

Theme Creation

Shahana
1st Year B.E.E. Social Sciences

Mithun
1st Year B.E.E. English

Huloodha
1st Year B.E.E. Social Sciences

Poster Making

Thalassana VV
1st Year B.E.E. Physical Sciences

Faana
1st Year B.E.E. Mathematics

Ayisha Firda
1st Year B.E.E. Mathematics

Winners

Drawing Santa Claus

Faana
1st Year B.E.E. Mathematics

Faanaia MM
1st Year B.E.E. Mathematics

Praveerwan
1st Year B.E.E. English

CRIB MAKING

Lina
1st Year B.E.E. English

Alinda Jasegh
1st Year B.E.E. Mathematics

Arshadha Kader
1st Year B.E.E. Mathematics

Christmas Card Making

Shahana P
1st Year B.E.E. Mathematics

Faana
1st Year B.E.E. Mathematics

Huda F
1st Year B.E.E.

Christmas Carol

Nourin Sharaf
1st Year B.E.E. English

Huloodha
1st Year B.E.E. Social Sciences

Arshi Jasegh
1st Year B.E.E. Mathematics

Mithun Gopi
1st Year B.E.E. Mathematics

Appendix

ՀԱՅԿԱՆՈՒՄ ԵՐԱՐՈՒՄԻ ՎԱՅՈՋՈՒՄ ԿՐԻՏԻԿԱԿԱՆ ԴՆՆԵՐԻՆԻ ՄԱՍԻՆ ԵՐԱՐՈՒՄԻ ԿՐԻՏԻԿԱԿԱՆ ԴՆՆԵՐԻՆԻ ԿՐԻՏԻԿԱԿԱՆ ԴՆՆԵՐԻՆԻ

ՄԱՍԻՆ ԵՐԱՐՈՒՄԻ

1. Կրիտիկական հոդվածներում պետք է ցուցաբերվի հստակ և անկասկածելի փաստեր:

2. Կրիտիկական հոդվածներում պետք է ցուցաբերվի հստակ և անկասկածելի փաստեր:

Նախաձեռնող: **Liberte students' union**

Farook Training College
Christmas and New year Celebration 🎄

📌 **Criteria for making Christmas card** 📌

1) Cards should be clear
2) card should be related to the situation
3) Part of an individual towards card
4) Creative
5) Image of smart persons
6) Should include all content that a Christmas card has, a message, date, picture etc.

You can post your most attractive Christmas cards to the celebration group on **24/12/2020 before 7 pm**

Liberte Students' Union

ՀԱՅԿԱՆՈՒՄ ԵՐԱՐՈՒՄԻ ՎԱՅՈՋՈՒՄ ԿՐԻՏԻԿԱԿԱՆ ԴՆՆԵՐԻՆԻ ՄԱՍԻՆ ԵՐԱՐՈՒՄԻ ԿՐԻՏԻԿԱԿԱՆ ԴՆՆԵՐԻՆԻ ԿՐԻՏԻԿԱԿԱՆ ԴՆՆԵՐԻՆԻ

ՄԱՍԻՆ ԵՐԱՐՈՒՄԻ

1. Կրիտիկական հոդվածներում պետք է ցուցաբերվի հստակ և անկասկածելի փաստեր:

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Նախաձեռնող: **Liberte students' union**

ՀԱՅԿԱՆՈՒՄ ԵՐԱՐՈՒՄԻ ՎԱՅՈՋՈՒՄ ԿՐԻՏԻԿԱԿԱՆ ԴՆՆԵՐԻՆԻ ՄԱՍԻՆ ԵՐԱՐՈՒՄԻ ԿՐԻՏԻԿԱԿԱՆ ԴՆՆԵՐԻՆԻ ԿՐԻՏԻԿԱԿԱՆ ԴՆՆԵՐԻՆԻ

ՄԱՍԻՆ ԵՐԱՐՈՒՄԻ

1. Կրիտիկական հոդվածներում պետք է ցուցաբերվի հստակ և անկասկածելի փաստեր:

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Նախաձեռնող: **Liberte students' union**

ՀԱՅԿԱՆՈՒՄ ԵՐԱՐՈՒՄԻ ՎԱՅՈՋՈՒՄ ԿՐԻՏԻԿԱԿԱՆ ԴՆՆԵՐԻՆԻ ՄԱՍԻՆ ԵՐԱՐՈՒՄԻ ԿՐԻՏԻԿԱԿԱՆ ԴՆՆԵՐԻՆԻ ԿՐԻՏԻԿԱԿԱՆ ԴՆՆԵՐԻՆԻ

ՄԱՍԻՆ ԵՐԱՐՈՒՄԻ

1. Կրիտիկական հոդվածներում պետք է ցուցաբերվի հստակ և անկասկածելի փաստեր:

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Նախաձեռնող: **Liberte students' union**

ՀԱՅԿԱՆՈՒՄ ԵՐԱՐՈՒՄԻ ՎԱՅՈՋՈՒՄ ԿՐԻՏԻԿԱԿԱՆ ԴՆՆԵՐԻՆԻ ՄԱՍԻՆ ԵՐԱՐՈՒՄԻ ԿՐԻՏԻԿԱԿԱՆ ԴՆՆԵՐԻՆԻ ԿՐԻՏԻԿԱԿԱՆ ԴՆՆԵՐԻՆԻ

Theme Creation criteria:

ՄԱՍԻՆ ԵՐԱՐՈՒՄԻ

1. 2021 Վերջին ամսերն արդարացածով մտածված գրված հոդվածներ:

2. Կրիտիկական հոդվածներում պետք է ցուցաբերվի հստակ և անկասկածելի փաստեր:

3. Կրիտիկական հոդվածներում պետք է ցուցաբերվի հստակ և անկասկածելի փաստեր:

4. Կրիտիկական հոդվածներում պետք է ցուցաբերվի հստակ և անկասկածելի փաստեր:

Նախաձեռնող: **Liberte students' union**

Farook Training College
Christmas -New year - celebration 2020-21 🎄

Cake making

📌 **Criteria for cake making** 📌

1) cake photo with description
2) Name based decorations (New year)
3) Artistic decorations not showed decorations with names ingredients are allowed

You can post your cake photo and description to the celebration group on **24/12/2020 before 8-10 pm**

Liberte students' Union

ՀԱՅԿԱՆՈՒՄ ԵՐԱՐՈՒՄԻ ՎԱՅՈՋՈՒՄ ԿՐԻՏԻԿԱԿԱՆ ԴՆՆԵՐԻՆԻ ՄԱՍԻՆ ԵՐԱՐՈՒՄԻ ԿՐԻՏԻԿԱԿԱՆ ԴՆՆԵՐԻՆԻ ԿՐԻՏԻԿԱԿԱՆ ԴՆՆԵՐԻՆԻ

ՄԱՍԻՆ ԵՐԱՐՈՒՄԻ

1. Կրիտիկական հոդվածներում պետք է ցուցաբերվի հստակ և անկասկածելի փաստեր:

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Նախաձեռնող: **Liberte students' union**



Report

Talents Day- Meraki- 2K21

17th March 2021

DECCE and M.Ed 1st year students celebrated talents day MERAKI 2K-21 on 17th March 2021. Welcome speech was done by Muhammed musthafa (M.Ed program co-ordinator) followed by Principal's address by Dr.T. Muhammed saleem. Inaugural speech was done by Miss. Megna Govind who was Inter zone fest winner and MA Journalism student of Farook College. Mr. Abdul Kader Principal of TTC college who greeted us in the presence of Dr. Anees mohammed C (M.Ed and DECCE program co-ordinator), Dr. Manoj praveen G (IQAC co-ordinator), Mr.Mohammed Sareef (staff secretary), Mrs. Rajitha fine arts director) and Mr. Nowfal(staff advisor). Mrs. Asna (DECCE class Representative) and Mr. Nivedh (M.Ed 1st year class representative) felicitated us. Vote of thanks was done by Shaibuna (DECCE program co-ordinator). The inaugural ceremony started at 9.45am and ended at 10.30 am. After inaugural function the students' arts program started and ended with zumba dance at 3.00pm.



Gallery





Report

Talents Day- Jagapoka 2K21 27th March 2021

First year of B.Ed of Farook Training College has conducted talents day named 'Jagapoka 2K 21' on 26/03/2021 as part of their course. The program was started with college prayer and followed by a welcome speech of Ms.Rajitha KV, Arts and Celebrations Coordinator. The inaugural address was given Chief guest, Principal Dr. T. Mohammed Saleem and inaugurated talents day with his beautiful songs. This was accompanied by Dr. Aseel Abdul Wajid, BEd Coordinator. Mr. Mohammed Shareef and Mr. Fasalul Abid CM was the other dignitaries on the dias. It was truly a mesmerizing day were all the students were participated in various programs. As a conclusion of the day, Principal had given a great compliments to the entire events and his inspiration were as to do better. This was followed by a formal vote of thanks by Aghisha, I year

B.Ed



Gallery



College Day Celebration & Honouring the Toppers

31st March 2021

Farook Training College organized a 'College Day' on March 31, 2020 under the leadership of the Liberte Student Union. On this occasion, a function was held in honor of former Principal Dr. C A Jawahar Sir and a congratulatory function was held for those who have excelled in academic and non-academic fields.

College Day Celebration was inaugurated by Mr. Rafeeq Ahmed, Poet and Lyricist. He enriched the audience by reciting his poem, reminding the students that campus life and the memories it conveys will be the most valuable phases of all time. College Union Fine Arts Secretary, Vipin T welcomed the gathering. The event was presided over by Union Chairman Sreehari R. Principal, Dr. Mohammad Salim addressed the students. After the inauguration, Union Joint Secretary Sreelakshmi presented the Union Report. The union then passed a resolution declaring solidarity with the ongoing peasant struggle in the country. The resolution was presented by Vice Chairperson Sayooja VM, which was approved and taken over by the students with raised flex boards and applause. Rafeeq Ahmed, who arrived as the inaugural speaker, was presented with a Memento from principal, prepared by the student union as a token of love. Former Principal, Dr CA Jawahar Sir was also honoured by the Union by giving Memento at the event. Chief guest, Rafeeq Ahmed handed over the memento to Jawahar sir. Vote of thanks was done by Muhammed Sadique, UUC in the presence of Union Staff Adviser Noufal C, Staff Secretary Mohammad Shareef, IQAC Coordinator Manoj Praveen, Staff Editor Faseel Ahmed and Fine Arts Director Rajitha KV.

A function honouring former principal Dr. CA Jawahar was also held at the same venue. Fine Arts Secretary Vipin T welcomed the audience. 2018-20 Batch BED representative Kabbab Beeran, MEd Representative Zeenath, 2019-20 Batch BED Representative Thasni and M.Ed. Representative Raseel spoke at the event. A half an hour long documentary prepared by the college in honor of Jawahar sir was screened. Jawahar sir was honoured with a Memento by various communities in the college. The section then concluded with his acknowledgement speech.

PTEP Coordinator Noufal C conducted the function honouring the toppers and top winners of the B.Ed and M.Ed. batches. Dr. Anees Mohammad, Assistant Professor, thanked the participants. Prize distribution for the winners of various competitions organized by the College Union was also held at the College Day venue.

The inaugural event was followed by cultural events by the college students. The active participation of the students in the colorful activities including song and dance was notable. This was followed by the choir of Farooq College Music Band 'Jwaala'. The College Day celebrations were so grand that it lasted until about nine o'clock at night.



Report: 2021-22

Euro 2020 & Copa America 2021 Football Prediction Contest

17-30th June 2021

Miqesia student's council had conducted a talk on the topic " Who will win or lose in Copa 2021 & Euro 2020 on 9th July 2021 on clubhouse. Teaching & non - teaching staff, current students & Alumni were actively participated in the heated discussion to express their views, predictions and wishes in the final of both Euro & Copa. The discussion lasted almost 2 hour.

In connection with the Euro 2020 and Copa America 2021 football tournaments, the department of Physical Education in collaboration with Miqesia students' council had conducted a prediction contest. The students were given a google form link to make their prediction, the contest began on June 17 and ended on June 30. Ms Anjan M from Physical Science became the winner of the competition.





International Yoga Day

21st June 2021

International Yoga Day jointly organized by Student Council and Department Of Physical Education of Mr. Farook Training College in Club house platform at 10:30 am. Student coordinator Jineesh Kumar welcomed the gathering. Presidential address delivered by Faseel Ahammed, Head of Physical Education Department of FTC, explained the important of Yoga and so on. He also advised to do yoga regularly and not just in one day. Dr. Muhammed Saleem, Principal of FTC inuagrated the program.

Following the inuagration Noufal Sir, K M Shareef Sir, Dr. Manoj Praveen were felicitated the program. A quiz program was also conducted in this connection. Faseel Ahammed sir became the quiz master and Shareef sir managed the event. Soufiya of 1st B. Ed won first place , Ashira of DECCE won the 2 nd place and Jinitha of 1ST B. Ed won the third place in quiz competition. Jineesh Kumar, Students Coordinator delivered Vote of Thanks and concluded the program.



CHRISTEENA. K M
First Year
M.Ed



PRAVEENA. V
First Year
M.Ed



National Sports Day 29th August 2021

Department of Physical education and Miqesia Students council had celebrated the National Sports Day on 29th August 2021. The celebrations started with an official inaugural session via whatsapp. The Principal Dr. T. Mohamed Saleem inaugurated the

program and Mr Faseel Ahammed, Assistant Professor , Physical Education Presided the function. After the inaugural session various programs like Quiz on sports, Push Ups competition & Virtual Run competitions were conduct for Students and Staff. Winners and participants were given E-certificates.The College also Organized Virtual Walk or Run Competition as Part FIT India Movement by the Government of India.

FAROOK TRAINING COLLEGE
RESEARCH CENTRE IN EDUCATION
FAROOK COLLEGE,KOZHIKODE

MIQESIA STUDENTS' COUNCIL

National Sports Day

*Virtual Run Competition
for Boys*

1st Prize



JINESH KUMAR
B.Ed
English

2nd Prize



Mithun Gopi C
B.Ed
Malayalam

Congratulations

FAROOK TRAINING COLLEGE
RESEARCH CENTRE IN EDUCATION
FAROOK COLLEGE,KOZHIKODE

MIQESIA STUDENTS' COUNCIL

National Sports Day

Push-Ups Competition(Women)

1st Prize



JIWIDA T
B.Ed
Malayalam

2nd Prize



ARUNDA V
B.Ed
Malayalam

VEENA K
M.Ed

3rd Prize



MYTHRA POLJIT
B.Ed

SASILA K R
B.Ed
Malayalam

Congratulations



Fratellanza- Farook College Campus Institutions Volleyball Tournament 20th December 2021

The Fratellanza sports fair kicks off with a volleyball match at Farook Training college Game Hub. Farook Training College Principala Dr. T Moohammed Salim inaugurated the function. Physical Education department of FTC coordinated the over all function, four teams were participated in the fair, named Farokk college, Farook Training College, Farook HSS and Farook Institutes of Management studies. Farook College defeats Farook training College to become volleyball champions. Programme coordinator Mr. Faseel Ahammed, staff secretaries of different institutions were deliver felicitations.



Fratellanza- Farook College Campus Institutions Shuttle Badminton Championship 12th January 2022

Shuttle Badminton Tournament had conducted on 12th January 2022 at Fratellanza Sports Fair organized by Farooq College Campus fellowship. Farook HSS principal Mr. K Hashim inaugurated the tournament. Farook college team wins badminton tournament. In the men's category, Farook College's L. K Zulfikar Ali, SI Bansam Alliance were the winners and Mithunsha, P. K Anas Saleh alliance becomes runner up. In women's category, Farook college 's Nish winner and Al Farook Residential School's Ashly becomes runner up. PV Joseph (Farook Institute of Management Studies)presented trophies to the winners. Coordinator Mr. Faseel Ahammed, Mr. CP Saifudheen, Mr. VPA Jaleel, Mr. SI Bansam were spoke.





Annual Athletic Meet 26th February 2022

FTC held its annual intramural competition (athletic championship) for the academic year 2021-22 on 26th February 2022 at Farook Higher Secondary School ground. This year's sports meet was organised as a special honour to Ms. Nusaibath C. V of 2nd B. Ed Natural science for her meritorious performance and success in Inter - University National Baseball Championship(Women) 2021-22 and various other State and District level competitions.

Sports meet titled 'SPORNADO (Sports Tornado) 2K21' began with the zealous, vibrant, colourful march past by four houses, namely, Kings, Royals, Hunters, Challengers. Following this was the torch lighting by Prof. Imbichi Koya, Manager, FTC and finally lit jointly by Ms. Nusaibath C. V and Mr. Jineesh Kumar K, General Captain. Further, the formal inaugural ceremony was held. Mr. Habeeb Rahman P, Asst. Commander, MSP, Malappuram was the Chief Guest for the programme. He motivated students to take part in the sports with enthusiasm and sportsman spirit. For the event presided by Dr. T. Mohamed Saleem, Principal, FTC, dignitaries Jb.S.Mohd. Yunus, Secretary, FTC; Jb. M. Ayoob, Joint Secretary, FTC; Dr. Manoj Praveen G, IQAC coordinator; Mr. Rishad K, Staff Secretary extended felicitations. Mr Jineesh Kumar, Gen. Captain guided the oath taking. Towards the end, memento was presented to Chief Guest and Ms. Nusaibath. Mr. Faseel Ahammed, Asst. Prof. Physical Education welcomed everyone to the programme . The inaugural ceremony concluded with the vote of thanks by Mr. Midhun Gopi C, General Convenor, Miqesia Students' council.









Fine Arts Day Inauguration

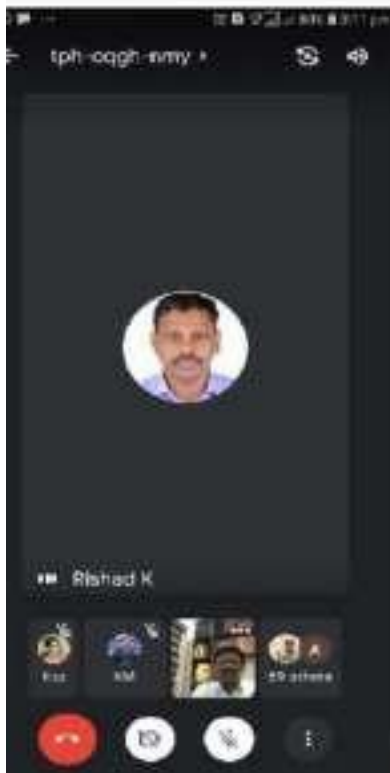
28th June 2021

Farook Training College Miqesia Students' council grantly conducted the inaugural ceremony of 'Vaikhari' Arts day on 28-07-2021 Wednesday through virtual platform at 3:00 pm. The chief guest of the Arts day was Mr Unni Raj, Actor and Marimayam Fame. Midhun Gopi, General Convenor of Students Council welcomed the gathering and the presidential address was delivered by Dr. Muhammed Saleem, Principal of FTC. Saleem sir shared his abundant happiness on students' performance in various competitions and congratulated the participants. In his Inaugural address, Unni Raj reminded the need of active participation of students in arts even during this pandemic situation. He shared his experience as an actor and how he began his career. For the programme Rishad Kolothum thodi, Staff Secretary and Faseel Ahmmad, Student Advisor were extended their felicitation. Anjana M, Arts Convenor of Students Council rendered vote of thanks to the formal ceremony.

Students who got first prize in various arts competitions performed in front of the whole gathering which got fullest appreciation from the audience. The leaders of each house shared their experience in conducting the programme virtually and the difficulties they faced. Everyone expressed their immense pleasure they had on getting a chance to lead the whole FTC family. Srimati. Rajitha, Arts coordinator presented the review note and expressed her gratitude towards the students council members and congratulated the winners.



Gallery



Vyghari Online Fine Arts Fest

19th – 23rd July 2021

Miqesia Students' council had conducted an online arts festival Vaikhari on July 19th, 20th, 23rd, 24th and 25th. Programmes were conducted through online mode. About twenty programmes were there including on- stage, Off- stage and modern items. Essay writing (English & Malayalam), Story writing (English & Malayalam), Versification (English & Malayalam), Pencil drawing and Water color were the Off-stage items, Elocution (English & Malayalam), Light Music, Western music, Folk song, Mappila pattu, Poem reciting (English & Malayalam), Mimicry, Mono-act and single dance were the On-stage items included in the programme. And some modern items like Troll making (still), Troll making video, Rap, Collage making and Vegetable printing were also there in the arts fest. Students' council members themselves were the programme committee members for each day's programme. About five items were conducted in each day. Students were divided into four groups, of which the group Ruby was crowned first place. The groups Emerald and Sapphire secured second and third place respectively. Nourin Sharaf from first year B. Ed English secured highest points to become the individual champion of the fest. The support and cooperation of teachers, students and the council members made the Arts fest a successful and colourful one..



FAROOK TRAINING COLLEGE
RESEARCH CENTRE IN EDUCATION
FAROOK COLLEGE, KOTHENKODE

MIGESIA STUDENTS' COUNCIL

🎉🎉🎉
ARTS FEST 2021
19 - 22 JULY

RESULTS OF
COLLAGE MAKING COMPETITION

| FIRST | SECOND | THIRD |
|---------------|------------------|-----------|
| | | |
| AFIYA ISHA B. | ANSHU SNEHA S.P. | ASMITA V. |

CONGRATULATIONS

FTCA

FAROOK TRAINING COLLEGE
RESEARCH CENTRE IN EDUCATION
FAROOK COLLEGE, KOTHENKODE

MIGESIA STUDENTS' COUNCIL

🎉🎉🎉
ARTS FEST 2021
19 - 22 JULY

RESULTS OF
WESTERN MUSIC COMPETITION

| FIRST | SECOND | THIRD |
|-------------|------------------|------------------|
| | | |
| AANYA ANSHU | ANSHU SNEHA S.P. | ANSHU SNEHA S.P. |

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ARTS FEST 2021
19 - 22 JULY

RESULTS OF
VERSIFICATION COMPETITION
ENGLISH

| FIRST | SECOND | THIRD |
|------------------|------------------|------------------|
| | | |
| ANSHU SNEHA S.P. | ANSHU SNEHA S.P. | ANSHU SNEHA S.P. |

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ARTS FEST 2021
19 - 22 JULY

RESULTS OF
VERSIFICATION COMPETITION
MALAYALAM

| FIRST | SECOND | THIRD |
|------------------|------------------|------------------|
| | | |
| ANSHU SNEHA S.P. | ANSHU SNEHA S.P. | ANSHU SNEHA S.P. |

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ARTS FEST 2021
19 - 22 JULY

RESULTS OF
ENGLISH ESSAY WRITING COMPETITION

| FIRST | SECOND | THIRD |
|------------------|------------------|------------------|
| | | |
| ANSHU SNEHA S.P. | ANSHU SNEHA S.P. | ANSHU SNEHA S.P. |

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ARTS FEST 2021
19 - 22 JULY

RESULTS OF
MIMICRY COMPETITION

| FIRST | SECOND |
|------------------|------------------|
| | |
| ANSHU SNEHA S.P. | ANSHU SNEHA S.P. |

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ARTS FEST 2021
19 - 22 JULY

RESULTS OF
MALAYALAM ESSAY WRITING COMPETITION

| FIRST | SECOND | THIRD |
|------------------|------------------|------------------|
| | | |
| ANSHU SNEHA S.P. | ANSHU SNEHA S.P. | ANSHU SNEHA S.P. |

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ARTS FEST 2021
19 - 22 JULY

RESULTS OF
WATERCOLOUR COMPETITION

| FIRST | SECOND | THIRD |
|------------------|------------------|------------------|
| | | |
| ANSHU SNEHA S.P. | ANSHU SNEHA S.P. | ANSHU SNEHA S.P. |

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ARTS FEST 2021
19 - 22 JULY

RESULTS OF
MONO ACT COMPETITION

| FIRST | SECOND | THIRD |
|------------------|------------------|------------------|
| | | |
| ANSHU SNEHA S.P. | ANSHU SNEHA S.P. | ANSHU SNEHA S.P. |

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ARTS FEST 2021
19-20 JULY

RESULTS OF
MAAPPILAPAATTU COMPETITION

| FIRST | SECOND | THIRD |
|-----------------------------|------------------------------|-------------------------|
| | | |
| NISHA S.K. 10th Standard | ANITHA S.K. 10th Standard | ANU S. 10th Standard |

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MIGESIA STUDENTS' COUNCIL

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ARTS FEST 2021
19-20 JULY

RESULTS OF
TROLL STILLS COMPETITION

| FIRST | SECOND | THIRD |
|----------------------------|---------------------------|------------------------------|
| | | |
| IRFANA T. 10th Standard | JYOTI T. 10th Standard | ANITHA S.K. 10th Standard |

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ARTS FEST 2021
19-20 JULY

RESULTS OF
PENCIL DRAWING COMPETITION

| FIRST | SECOND | THIRD |
|-------------------------------|----------------------------|-----------------------------|
| | | |
| NISHARA T.V. 10th Standard | ANITHA S. 10th Standard | LEENA S.T. 10th Standard |

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ARTS FEST 2021
19-20 JULY

RESULTS OF
POEM RECITATION COMPETITION
ENGLISH

| FIRST | SECOND | THIRD |
|--------------------------|----------------------------|-----------------------------|
| | | |
| SAHA P. 10th Standard | SATHYA S. 10th Standard | JYOTI S.K. 10th Standard |

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RESEARCH CENTRE IN EDUCATION
FAROOK COLLEGE, KOTTAYAM

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ARTS FEST 2021
19-20 JULY

RESULTS OF
POEM RECITATION COMPETITION
MALAYALAM

| FIRST | SECOND | THIRD |
|-----------------------------|----------------------------|-----------------------------|
| | | |
| NARTIKA V. 10th Standard | SATHYA S. 10th Standard | THARA S.P. 10th Standard |

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ARTS FEST 2021
19-20 JULY

RESULTS OF
VEGETABLE PRINTING COMPETITION

| FIRST | SECOND | THIRD |
|--------------------------|----------------------------|-----------------------------|
| | | |
| SAHA S. 10th Standard | NITHYA M. 10th Standard | NISHA S.P. 10th Standard |

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FAROOK COLLEGE, KOTTAYAM

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ARTS FEST 2021
19-20 JULY

RESULTS OF
RAP SONG COMPETITION

| FIRST | SECOND | THIRD |
|----------------------------|----------------------------|------------------------------|
| | | |
| ANITHA V. 10th Standard | ANITHA V. 10th Standard | ALMYA ANSHU 10th Standard |

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RESEARCH CENTRE IN EDUCATION
FAROOK COLLEGE, KOTTAYAM

MIGESIA STUDENTS' COUNCIL

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ARTS FEST 2021
19-20 JULY

RESULTS OF
SINGLE DANCE COMPETITION

| FIRST | SECOND | THIRD |
|-----------------------------|----------------------------|----------------------------|
| | | |
| ALMYA J.S. 10th Standard | ANJALI S. 10th Standard | SUCI DEVI 10th Standard |

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ARTS FEST 2021
19-20 JULY

RESULTS OF
TROLL VIDEO COMPETITION

| FIRST | SECOND | THIRD |
|----------------------------|----------------------------|----------------------------|
| | | |
| ANITHA V. 10th Standard | ANITHA V. 10th Standard | ANITHA V. 10th Standard |

CONGRATULATIONS

FTCA



Eid Malhar 21st July 2021

Farook Training College Miqesia Student council Organized a Mehandhi and Card Making Competition as a part of Eid Malhar. The deadline for the entries was 5 pm on 20-07-2021 Tuesday. About nine participants were there in the Card making Competition. Among them Muhsina (B.Ed English) Won 1 st prize, Reja Henna (DECCE) won 2 nd Prize and Najda (M.Ed) and Ayisha Fida (B.Ed Malayalam) won 3 rd prize.

In Mehandhi Competition about fourteen participants competed and among them Fasma K M (B Ed Mathematics)won 1st prize Nourin Sharaf (B.Ed English) and Afrah (B.Ed Natural Science) won 2 nd Prize and Aliya Femin and Jasmin K (B.Ed Physical Science) won 3 rd prize

FAROOK TRAINING COLLEGE
RESEARCH CENTRE IN EDUCATION
FAROOK COLLEGE, KOZHIKODE

MIQESIA STUDENTS' COUNCIL

Mehandi Competition

| FIRST | SECOND | THIRD | |
|---|---|---|---|
|  |  |  |  |
| FASNA K M BEd Mathematics | NOURIN SHARAF BEd English | ALIYA FEMIN K BEd Physical Science | JASMIN K BEd Physical Science |

FTCA - Farook Training College Innovative Academia

FAROOK TRAINING COLLEGE
RESEARCH CENTRE IN EDUCATION
 Farook College, Kozhikode

FTC SURVANI
Eid Malhar

RESULTS OF
ONLINE MAIPILAPPATU COMPETITION

| FIRST | SECOND | |
|---|---|---|
|  |  |  |
| Neurin sharaf K B.Ed Eng | Rifa. T B.Ed NS | Fazeela NM B.Ed Mal |
| THIRD | | |
|  | | |
| Fathimathul Hakeeda B.Ed SS | | |

FTCA Innovative Academia

FAROOK TRAINING COLLEGE
RESEARCH CENTRE IN EDUCATION
FAROOK COLLEGE, KOZHIKODE

MIQESIA STUDENTS' COUNCIL

Card Making Competition

| FIRST | SECOND | THIRD | |
|---|---|---|---|
|  |  |  |  |
| Muhsina V BEd English | Reja Henna M DECCE | Najda P MED | AyishaFatha R BEd Malayalam |

FTCA - Farook Training College Innovative Academia

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RESEARCH CENTRE IN EDUCATION
 Farook College, Kozhikode

FTC SURVANI
Eid Malhar

RESULTS OF
ONLINE MAIPILAPPATU

| FIRST |
|---|
|  |
| Ranisha KN B.Ed Mal |

FTCA Innovative Academia

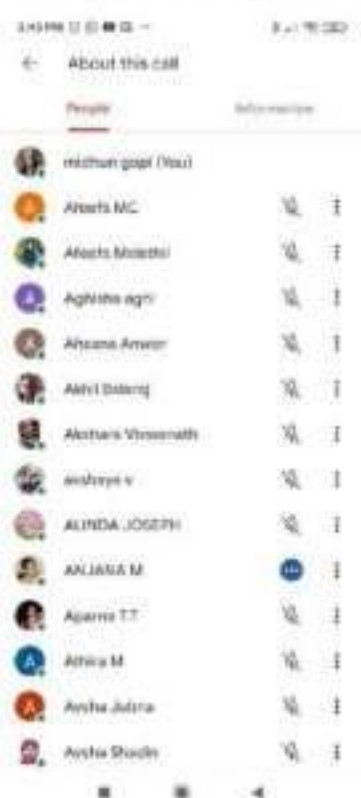
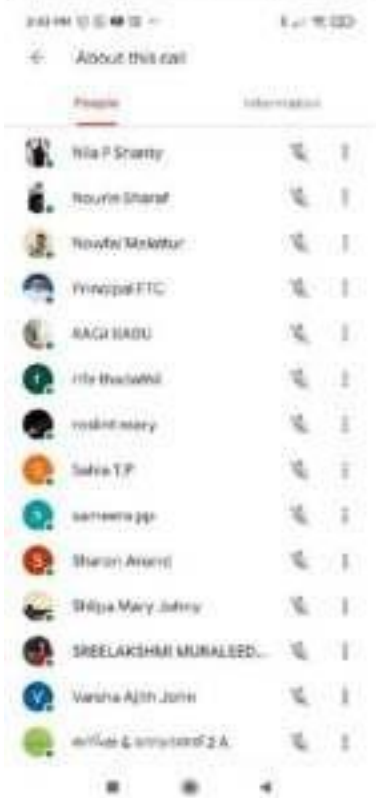


Ishal Eid 22nd July 2021

'Miqesia' Students' Council of Farook Training College(FTC) organised Bakrid celebrations virtually through Google Meet at 3.00 pm. For the programme titled 'Ishal', the chief guest was Ms. Akshara Vishwanath, Singer and Akashvani Yuvavani fame. Dr. T. Mohammed Saleem, Principal of Farook Training College gave Eid message emphasising on the significance of sacrifice and love in this pandemic time.

Following this, various faculty members of the college shared their Eid memories. There was 'mappilappaatt' sung by few teachers and students as well. The programme witnessed active participation from FTC students and teachers. For the programme, Ms. Anjana M (Arts Coordinator, Miqesia) delivered welcome address and Midhun Gopi.C (General Convenor, Miqesia) rendered vote of thanks.



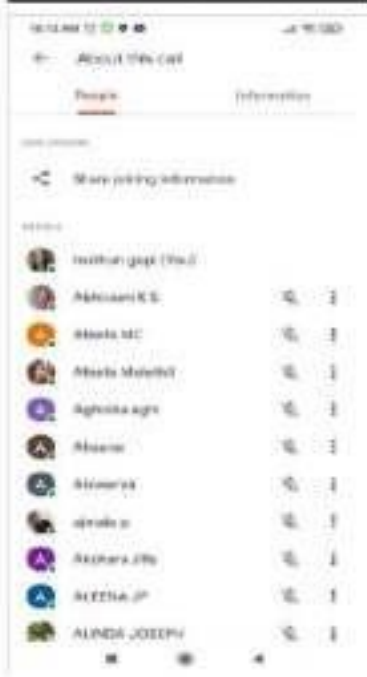


Onam Celebration- Aarpponam

19th - 22nd August 2021

FTC virtually conducted "Aarpponam" the celebration of Onam on 20 August 2021. The programme commenced with the prayer by Miss. Anjana. Mr Midhun Gopi, General convenor of Miqesia students council welcomed everyone. FTC principal Dr. Muhammad Saleem T conveyed the message of Onam to the students and faculty members. He shared his childhood memories of Onam. Mr. Faseel Ahammed, Staff advisor and Mr. Rishad Kolothumthodi, Staff Secretary of FTC facilitated Aarpponam with onam songs , stories and their memories of Onam. The program was inaugurated by Mr. Rajesh Monji. His onam stories and songs cheered the audience. The cultural programs conducted by FTC students made Aarpponam more lively and interesting. All departments in the college actively participated in the programme. Aarpponam was concluded with the vote of thanks by Hasna Fabhi, Arts Join Coordinator of Miqesia Students council.





In addition to that colourful programmes like Malayali Manga competition, Onappatt competition, Pookalam competition, Maveli drawing, payasam making and a letter from Maveli to Corona competition were also conducted. Maveli Drawing and Onappatt competition were conducted on 20 /8/2021 .Thahseena V V (B Ed Physical science),Fasna K M (B Ed Mathematics)and Irfana T (DECCE) respectively got 1st , 2nd and 3rd prize in Maveli drawing competition.

Anjana M (B Ed Physical science),Haritha (MEd)Faseela Nm (B Ed Malayalam)and Lavanya KM from M Ed got the 1st , 2nd and 3rd prizes respectively in Onapattu competiion .

On 21 / 8/2021, Malayalimanga and onappookalam competition were conducted in which Anjana M (B Ed Physical science) , Sunanda (DECCE), and Anjali A (M Ed) got 1st , 2nd and 3rd prize respectively in Malayalimanga competition. Anjana (DECCE),Anjana M (B Ed .Physical science) and Kavya chandran (B Ed Social science) got 1st , 2nd and 3rd prize respectively in Onappookalam competition.

On 23 /8/2021, payasam making and a letter from maveli to Corona competition were conducted in which , Faseela N M (B Ed Malayalam),Shiji U K (DECCE) and Ayisha Jumlya (DECCE) got 1st ,2nd and 3rd prize respectively in Payasam making competition . Afeefa M C (B Ed Mathematics), Faseela N M (B Ed Malayalam), Agisha K (B Ed Malayalam) and Jinitha T (B Ed Malayalam) got 1st , 2nd and 3rd prizes respectively in Letter from maveli to Corona competition .
<https://youtu.be/Lac6WMF-rOk>

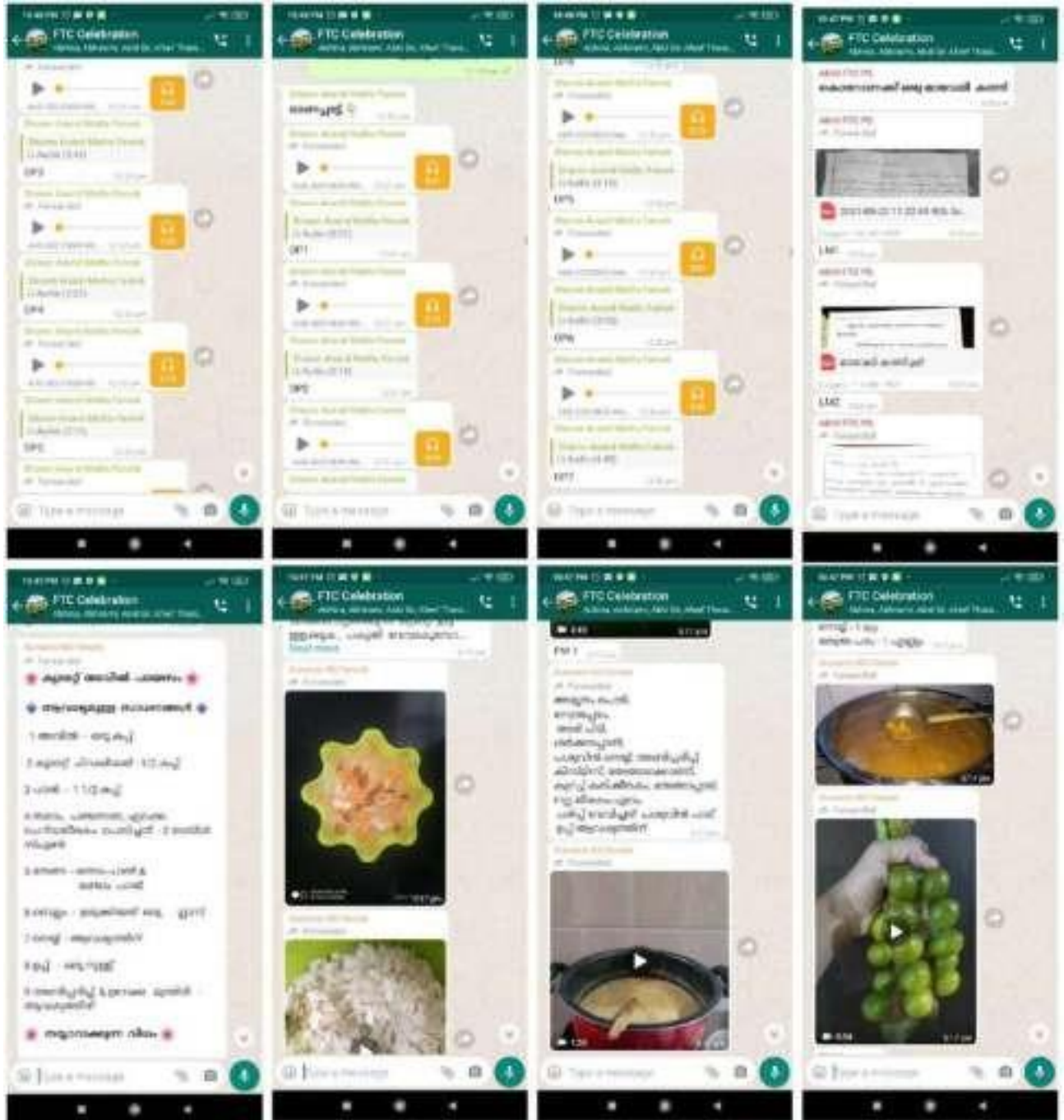


FAROOK TRAINING COLLEGE

MIQESIA STUDENTS' COUNCIL

ആർപ്പോണം-മലയാളി മക്കൾ മത്സരം





Appendices

FAROOK TRAINING COLLEGE
RESEARCH CENTRE IN EDUCATION
FAROOK COLLEGE, KUTTIYADU

MIDESIA STUDENTS' COUNCIL
ജൂനിയർ മത്സരം

മലയാളി മങ്ക മത്സരം

| FIRST | SECOND | THIRD |
|-------------------------------------|-------------------------------|------------------------------|
| | | |
| ARIANA M BSc Physical Science | SUNDARA BSc Mathematics | SHAFIQ BSc Mathematics |

CONGRATULATIONS

FTCIA (Farak Training College) Research Centre in Education

FAROOK TRAINING COLLEGE
RESEARCH CENTRE IN EDUCATION
FAROOK COLLEGE, KUTTIYADU

MIDESIA STUDENTS' COUNCIL
ജൂനിയർ മത്സരം

മാതൃഭാഷാ മത്സരം

| FIRST | SECOND | THIRD |
|-------------------------------------|--------------------------------|----------------------------------|
| | | |
| ANEENA M BSc Physical Science | HAFIZA M BSc Mathematics | HAFIZA A M BSc Mathematics |

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ജൂനിയർ മത്സരം

മാതൃഭാഷാ മത്സരം

| FIRST | SECOND | THIRD |
|---|---------------------------------|--------------------------------|
| | | |
| TIHARDEENA K V BSc Physical Science | FASNA K M BSc Mathematics | ISHANA T BSc Mathematics |

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ജൂനിയർ മത്സരം

പുസ്തക മത്സരം

| FIRST | SECOND | THIRD |
|------------------------------|-------------------------------------|--|
| | | |
| ANJANA BSc Mathematics | ANEENA M BSc Physical Science | RAFFA CHANDRA BSc Physical Science |

CONGRATULATIONS

FTCIA (Farak Training College) Research Centre in Education

FAROOK TRAINING COLLEGE
RESEARCH CENTRE IN EDUCATION
FAROOK COLLEGE, KUTTIYADU

MIDESIA STUDENTS' COUNCIL
ജൂനിയർ മത്സരം

പാഠ്യമത്സരം

| FIRST | SECOND | THIRD |
|-----------------------------------|--------------------------------|------------------------------------|
| | | |
| FAREEDA N M BSc Mathematics | SHIRAZ A BSc Mathematics | AYESHA JUMRA BSc Mathematics |

CONGRATULATIONS

FTCIA (Farak Training College) Research Centre in Education

FAROOK TRAINING COLLEGE
RESEARCH CENTRE IN EDUCATION
FAROOK COLLEGE, KUTTIYADU

MIDESIA STUDENTS' COUNCIL
ജൂനിയർ മത്സരം

കൊറോണയ്ക്കെതിരായ മാതൃഭാഷാ മത്സരം

| FIRST | SECOND | THIRD |
|----------------------------------|----------------------------------|--------------------------------|
| | | |
| AYESHA M L BSc Mathematics | FARUQA N M BSc Mathematics | AYESHA S BSc Mathematics |

CONGRATULATIONS

FTCIA (Farak Training College) Research Centre in Education

Talents Day- Aroha 2k21

14th December 2021

Aroha 2k21, Talents day was officially announced with the launch of Promo video on 14.12.2021, 8:00PM. The inauguration ceremony commenced at 10:00AM , 15.12.2021 at College auditorium, Farook Training College. The inauguration was conducted in an innovative manner where the students, who came to sit in specially marked chairs among the audience, where invited to the dias. The inauguration was to start by the welcoming remarks by Athulya, first year B. Ed (English). Abida, first year B. Ed(Malayalam) gave the Presidential address. Neeraja, 1st year B. Ed (English) was gifted with the opportunity to inaugurate the Aroha 2k21, talents day celebration and inaugurated the program with a pleasant inaugural address. Abiya Sara, first year B. Ed(Physical science) felicitated the gathering. The official inauguration ceremony was put to an end by a vote of thanks by Jesna, Celebrations Student coordinator. The teachers had set up mesmerizing songs and skit performance which encouraged students. The programs culminated at 4:15 PM as scheduled under the guidance of the FTC celebration coordinator Mrs. Rajitha K V.





Jingle Bells- X'mas celebration 2k21 @ FTC 23rd December 2021

Christmas is the perfect time to celebrate the love of god and family and to create beautiful memories that will last forever. And FTC celebrated the day under the guidance of miqesia students council on 23rd December 2021 at 2pm at the college auditorium with much pomp and glory. All students of the college along with the teaching faculty and other staff members participated in the event and made it a wonderful evening to remember. The celebration kicks started with Santa's entry with a gang of students singing Christmas Carol's and moving to the beats of the drums arousing energy and excitement throughout the campus. Santa interacted with the students and wished them a merry Christmas. Respected Principal Dr. T Mohamed Saleem wished the students and staff with a beautiful message on the importance of Christmas and cut the cakes prepared by the students as part of the cake making competition. Dr. Niranjana madam, Dr. Fathima madam and Ms. Irshana madam evaluated the cakes and the result was announced by Santa. 1st year B Ed student of Natural Science Ms. Ameena bagged the first prize. Ms. Fidha from Maths and Ms. Nimna from DECCE shared the second prize. The cakes were cut and distributed among the students and staff . It was followed by the students from every class singing Christmas Carols on the stage.Santa announced the winners of Letter to santa competition. Ms. Ayisha Nisha of 1st year B Ed Natural science bagged the first prize. Santa read the letter aloud to the audience and gave his reply directly to Ms. Ayisha . He also gave a surprise gift to one of the students Ms. Harsha Jayaram of 1st year B Ed Maths by selecting her name randomly from a box full of names of all these students. Few tasks were also given to students like making Sr. Nazimudeen sir smile before entering the games session . Biscuit eating competition and balloon blasting competition were held under the guidance of Mr. Nowfal sir and the students actively participated throughout the program making it a success.

After winding up the celebrations at the college ,the students and teachers visited the nearby old age home "Snehatheeram" as part of the college extension program Hridayapoorvam. They celebrated with the members of the institution by distributing tea and snacks and interacting with them.







Appendix



FAROOK TRAINING COLLEGE
RESEARCH CENTER IN EDUCATION, APPLIED TO CALLIGRAPHY
FAROOK COLLEGE P.O. ROAD/RODUL, PIN 574422

Jingle Bells
Letter to Santa
Winners

FIRST PRIZE

Aqlaha Nidha
1st B.Ed NS

SECOND PRIZE

Oshin
1st B.Ed Eng

THIRD PRIZE

Thameem
1st B.Ed Eng

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Jingle Bells
CAKE MAKING
Winners

1ST PRIZE

Ameena
1st B.Ed NS

2ND PRIZE

Fida
1st B.Ed Maths

3RD PRIZE

Nimno
DECCE

FTCA

College Day Celebration

31st March 2022

The 31st of March 2022 witnessed a breathtaking event of the academic year 21-22, at Farook Training College, conducted by Miqesia students' council, the College Day Celebration. The function was divided into two parts, the first being formal Union inauguration and the latter cultural activities. College prayer was sung which marked the beginning of the event. The welcome speech was delivered by Anjana. M, cultural activities coordinator. It was followed by presidential address given by joint convener Sameera P. College Principal Dr Mohammed Saleem.T addressed the audience.

The event's chief guest, famous poet and novelist Mr. Kalptta Narayanan, officially inaugurated the ceremony and gave some of his valuable insights. It was followed by the official release of the book, "Kanathayavarude priyapettavar- kavitha samaharam", by Mr Sreelal who is an MEd scholar and young poet of FTC. Former FTC faculty members Dr Hassan Koya and Dr Manoj Praveen were honoured. The respected chief guest then released the FTC annual magazine, "Karinjum Thalirthum oru kaalam," and the DECCE e-magazine, "E-NIATIATE." The audience was prompted by RSA's endowment rewards for B.Ed and M.Ed toppers, as well as PTEP's honouring of toppers or achievers. Joint convener Sameera P. read aloud the Miqesia The Students' Council's Union Report. Faseel Ahmed, staff advisor, delivered the felicitation address. On stage, Rajitha K. V, a senior faculty member, Dr Mumtaz NS, IQAC coordinator Dr Vijayakumari K, and staff secretary Rishad K were also present. Sreelakshmi, a member of the Miqesia students' council, offered the vote of thanks. The cultural programme ensured a massive participation of students, teachers, and non-teaching staff. The most entertaining event was the music fest by the music hiway. The event was a big success and was enjoyed by all.





2022-2023

Onam Celebration With Mr. Baburaj- Street Singer 21st August 2022

Farook Training College hosted a vibrant celebration of Onam, the traditional harvest festival of Kerala in a splendid manner. The Onam celebration at FTC on 31/8/2022 was a resounding success, creating an atmosphere filled with joy, music, and cultural vibrancy. The event was marked by a special performance by Mr. Baburaj, a talented street singer, which added to the festive ambiance of the occasion. The event brought together the college community, fostering a sense of unity and celebration.



Keralapiravi- By Ikthara Malayalam Association 1st November 2022

Farook Training College Malayalam Association Iktara and NSS Unit No. 263 organized Malayalam Language Day and Official Language Week celebrations. The program started on November 1, Kerala Piravi Day. Teachers and students took the pledge on the Malayalam language. Principal in Charge Dr. NS Mumthas presided over the programme.

The function was then inaugurated by Mrs. Lulu S Kapil. Head of the Malayalam Department, Mr. Muhammad Sareef K presided over the event. First year B.Ed Malayalam students Nandana and Aseeba Nasreen presented the welcome address and note of thanks respectively. NSS Program Officer Mr. Faseel Ahmed, faculty member Mr. Rishad K

conveyed felicitations. Then the students presented artistic programs like Vanchipaath and Nadanpaath. Regarding the subject of Kerala Birth: Mr. KM Sareef presented a talk on the Historical Background of the Malayalam language on Guruvani, the college radio.

An online photography competition was organized on Friday, November 4 as part of the administration week celebration. Second year B.Ed student Arun Raj, first year B.Ed student Riana and Reha bagged first, second and third positions. An online Haiku versification competition was organized on Saturday 5th November. In the competition participated by about 20 students, second year M.Ed student Suvin won the first place, second year M.Ed student Jumana and first year B.Ed student Kailas Nath got the second and third place. On Sunday, November 6, an administrative language translation competition was also organized in online mode. The competition was to find the Malayalam equivalent of 25 English words used in administrative context. Nafla Banu, first year B.Ed student, bagged the first position. Amina CH, a first year B.Ed student, bagged the second position and Dilsha KV, second year B.Ed student, bagged the third position. On Monday, November 07, a quiz was organized for the students. The questions were based on the historical and cultural background of Kerala. First year B.Ed students Sajar and Najma bagged the first position, Anagha and Kailas bagged the second position, and Fatima Fabin and Nafia Banu bagged the third position. A seminar was organized on Monday, November 14, based on the topics of mother tongue as administrative language and mother tongue as medium of instruction. Abhilash Kainikara and Babu, students of the Malayalam department, presented the topic and spoke in the seminar.

**Christmas day celebration- Steorra 2022-A *December to remember*
23rd December 2022**

Farook Training College organized Christmas celebration under the leadership of Union (23/12/22, Friday). College Union Staff Advisor Dr. Afif Tharavattath welcomed the event. College Principal Dr. T. Muhammad Saleem inaugurated the program. The program was made attractive by giving a Christmas gift to the college staff, Anithachechi. After that, cake distribution and various competitions were organized under the leadership of the union.



MIXTAPE-MUSIC DAY CELEBRATION
June 21, 2022

In connection with World Music Day, NSS Unit 263 and the Art Club, OCTAVE of Farook Training College organized the program, Mixtape: Music Day Celebration. The program was held in commemoration of the deceased singers. Dr. T Muhammed Saleem, Principal of Farook Training College, inaugurated the program that was held at the College Auditorium. The session that followed was the Audio Launch of the song Aruyire Written and Composed by Mr. Abhi Sankar, 1 st yr. B.Ed. Mathematics, by the Principal who unveiled the Logo of the song. The song was played in the auditorium as a part of the Music Launch and the singer Ms. Abiya Sara Thomas (1 st yr. B.Ed. Physical Science), is also a student of Farook Training College. Following the session, Asst. Prof. Aswathy K.K. spoke a few words on the topic, Music the Way of Life. Ms. Abiya Sara Thomas, Ms. Oshin and Ms. Sreedevi sang a few songs, Mr. Samjeev proposed Vote of Thanks



NATIONAL SPORTS DAY CELEBRATION

August 29, 2022

Farook Training College organized a mini marathon as a part of National Sports Day celebration under the leadership of sports department and NSS unit. Farook Training College Management Committee Treasurer Janab C Ummer Koya flagged off the mini marathon. Farook Training College Principal Dr. T. Muhamed saleem presided over the function. Mr Faseel Ahammed, Head of the Physical Education Department, Dr. Afeef Tharavattat, Staff Secretary Rishad Kolothum Thodi, Dr. Anees Muhammad and Muhammad Sharif .K spoke with greetings. As part of the sports day celebration, various sports competitions including hand ball were organized in the college. Student coordinators Arun Raj gave the welcome speech and Mohamed Uvais O P gave the vote of Thanks.



HEALTH AND FITNESS AWARENESS PROGRAMME

September 01, 2022

A health & Fitness awareness training programme was conducted by NSS Volunteers of Unit No 263 , Farook Training College at Farook Institute of Teacher Education as part of their Pulse 22 Community Living Camp. The session was for cardiac, Aerobic and Wellness dances. NSS Volunteers Harsha P Jayaram, Ashita RC, Jishna C, Kanakamani D, Smriti K had led the training

session to forty nine participants of D.El.Ed students.College teachers also participated in the session



KOODE
OCTOBER 29, 2022

On 29-10-22 The NSS Volunteers of Farook training college conducted a friendly gathering at the oldage home Snehatheeram as part of the KOODE programme. At 9:30 am The gathering began with the NSS anthem to which volunteer co-ordinator Nishad V. P welcomed the group. The gathering was attended by Snehatheeram officials, Manager Rejeesh, NSS programme officer Faseel Ahammed and College Administrative staffs Bhasheer and Akbar. The motive of the program was to spend quality time with the occupants of the house. Cultural programmes and

competitions for the elderly were organised and performed by the volunteers. The program was led by volunteer field work co-ordinators Nishad and shafna, cultural program co-ordinator Hridya And working co-ordinators Abhilash and Nasmina.



KARINGALLAI ADOPTED SCHOOL SPORTS FESTIVAL

NOVEMBER 2 , 2022

Farook Training College Adopted School Karingallai GLP School Sports Festival was held at Farook Training College Ground FTCLIA Game Hub on 02-11-2022. Farook Training College teacher Dr. T. inaugurated the sports fair which started at 10 am Performed by Umar Farooque. Farook Training College Staff Secretary Mr. Rishad K was the chief guest. Various competitions were organized under the categories of LP Kiddies Boys, LP Kiddies Girls, LP Mini Boys and LP Mini Girls as part of the sports fair. Farook Training College teachers Mr. Subhash Chalil, Karingallai school teacher Smt. Sajitha and Dhanya led the way. Farook Training College School Adoption Project Coordinator Fazeel Ahmed, NSS Working Volunteer Secretary Abhilash and Student Sports Coordinators Nishad and Arya led the event. M.Ed students Jaffna, Febina, Dilmia, Shahida, B.Ed students Gayatri, Mufsilah, Liji Mol, Naseeha, Anupama, Adila, Babu and others lined up as officials in various



CUDDLES
NOVEMBER 10, 2022

On 10-11-2022, N.S.S unit of Farook Training College conducted a programme "Cuddles" with the students of Kanivu Special School. The school principal Mary Teacher delivered the welcome address. Various cultural activities and competitions were organized under the leadership of volunteers. Colouring competition was held followed by each volunteers personally greeting the students. Coordinators Reha and Riyana along with working secretary Abhilash, Bincy and Akhila led the programme which had participation of almost 25 N.S.S volunteers.



QUIZ COMPETITION ON FIFA WORLD CUP

NOVEMBER 22, 2022

FIFA world cup quiz was organized under students union and NSS unit (unit no. 263) of Farook training college on 22/11/2022. First year student Husna was the quiz master and the programme was really exciting . Shiba, Gayatri and Hida secured first, second and third positions respectively in the competition. The programme was led by Nishad and Arya, in which around 100 students



SHOOT - OUT PROGRAMME
NOVEMBER 22 , 2022

Farook Training College NSS Unit (unit no: 263),Physical Education Department and Union jointly organized a program 'Katharilekkoru thattum koode oru kuthum'. The program was part of the world cup football celebrations, by kicking and head kicking by teachers and students entering the college gate. Many students participated and made the program a huge success. NSS Volunteers Nishad and Ashil led the program



ABHERI
FEBRUARY 4 , 2023

Farook Training College NSS unit organised an art evening filled with creativity at Kozhikode District Jail. The District Legal Services Authority and Farook Training College jointly organized an art programme called 'Abheri' Kalasayantanam for the inmates of the jail. The program was conducted with the aim of reducing the loneliness and stress of the inmates and maintaining their mental health. About 70 NSS volunteers participated in the 'Abheri' art evening with a variety of art programs including music, dance and skit. Farook Training College Principal. Dr. T. Mohammad Saleem, Kozhikode District Jail Superintendent Harris MM, Assistant Superintendent Ravindran V.T.K, Deputy Prison Officer Sajad PP, District Jail Welfare Officer Rajesh Kumar T, NSS Program Officer Faseel Ahammed, Farook Training College teachers Dr. Afeef Tharavatat and Rishad Kolothumthodi spoke. For the function, Farook Training College Principal. Dr. T. Mohamed Saleem welcomed and Jail Welfare Officer Rajesh Kumar. T gave vote of thanks



DESTEK
FEBRUARY 23,2023

Farook Training college NSS Unit (Unit No 263) organized an art festival for the differently abled students of Umpichi Haji Higher Secondary School as part DESTEK on 23/02/2023.About 60 special students, parents and teachers participated in the first phase of the project. Children's art ,song and competition was held at college auditorium, which was implemented with the focus on skill development. The teachers and parents were also participated in the programs. Farook Training College Principal Dr. Muhammad Salim, Umpichi Haji Higher Secondary School Headmaster Mr. K. Abdul Jalil, Managing committee secretary P.B.I. Mohammad Ashraf, Administer K. K. Muhamammad, Special Educator Jayashree, IEDC Coordinator Tasleena, College Staff Secretary K. Rishad also spoke. District NSS Co-ordinator Faseel



‘GUERNICA’ UYIRPINTE KAHALAM

UNIVERSITY LEVEL N. S. S. ONLINE ARTS FESTIVAL

May15, 2022- May 20,2022

A Calicut University level Arts Festival titled "Gvarnikka- The Trumpet of Resurrection" was conducted online from 15 May 2022 to 20 May 2022 under the NSS of Farook Training College, Unit No 263. 17 items in six consecutive days were organised involving the registration of about 2000 N. S. S. Volunteers. The competition was open to all N. S. S Volunteers under Calicut University. Dr. Mohamed Saleem T., Principal, Farook Training College welcomed everyone gathered; Soni T. L. ,NSS Pr.ge gave a description of the program.



മുഖം:

കുറേയും കൂടുതലും കഴിഞ്ഞുപോയ ഒരു വർഷം കഴിഞ്ഞു. നമ്മുടെ ജീവിതം എങ്ങനെ മാറിയിരിക്കുന്നു? നമ്മുടെ മനസ്സുകൾ എങ്ങനെ മാറിയിരിക്കുന്നു? നമ്മുടെ മനസ്സുകൾ എങ്ങനെ മാറിയിരിക്കുന്നു? നമ്മുടെ മനസ്സുകൾ എങ്ങനെ മാറിയിരിക്കുന്നു?

കുറേയും കൂടുതലും കഴിഞ്ഞുപോയ ഒരു വർഷം കഴിഞ്ഞു. നമ്മുടെ ജീവിതം എങ്ങനെ മാറിയിരിക്കുന്നു? നമ്മുടെ മനസ്സുകൾ എങ്ങനെ മാറിയിരിക്കുന്നു? നമ്മുടെ മനസ്സുകൾ എങ്ങനെ മാറിയിരിക്കുന്നു? നമ്മുടെ മനസ്സുകൾ എങ്ങനെ മാറിയിരിക്കുന്നു?

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| ക്രമ നമ്പർ | മുഖം | മുഖം | മുഖം |
|------------|------|---------|------|
| 1 | മുഖം | 1. മുഖം | മുഖം |
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| 3 | മുഖം | 1. മുഖം | മുഖം |
| 4 | മുഖം | 1. മുഖം | മുഖം |
| 5 | മുഖം | 1. മുഖം | മുഖം |
| 6 | മുഖം | 1. മുഖം | മുഖം |
| 7 | മുഖം | 1. മുഖം | മുഖം |
| 8 | മുഖം | 1. മുഖം | മുഖം |
| 9 | മുഖം | 1. മുഖം | മുഖം |
| 10 | മുഖം | 1. മുഖം | മുഖം |



ഗുർണിശ
എസ്. എസ്. എസ്. ഓൺലൈൻ കലാരംഗം
ഫസ്റ്റ് ട്രെയിനിംഗ് കോളേജ്
യൂണിറ്റ് നമ്പർ 263

കാർട്ടൂൺ മത്സര ഫലം

1st



GAYATRI M K
 Government College Madappally
 Unit No. 127

2nd



NAHNA MEHRIN A K
 CKGM Government College
 Perambra
 Unit No. 119

3rd



DEVANANDA
 Zamorin's Guruvayurappan College
 Kozhikode
 Unit No. 108

KIDS AND OLYMPICS INTERNATIONAL OLYMPIC DAY CELEBRATION @ GLPS
KARINKALLAYI June 23, 2022

As a part of International Olympic Day, Farook Training College NSS unit (Unit No-263) conducted various programmes in the Adopted School Karinkallayi GLPS including Olympic Run and other competitions. School Headmistress Ms. Kavitha inaugurated the Olympic Run. There also held an Olympic Walkathon where the School faculty and PTA representatives also participated. NSS volunteer co-ordinators Uvais, Sanjay, Naja, Irfana and Kanakamani facilitated the programme



